

Menu # 3	Monday				Tuesday				Wednesday				Thursday				Friday			
	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.
AM Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	water	4oz	6oz	8oz
	Captain Crunch Cereal	1/4c	1/4c	1/4c	Goldfish	1/4c	1/4c	1/4c	Doughnuts	2ea	2ea	3ea	Chef's Choice	1/4c	1/4c	1/4c	Chef's Choice	1/4c	1/4c	1/4c
Breakfast MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Sausage Biscuit	1ea	1ea	1ea	French Toast Bake	1p	1p	1p	Strawberry Yogurt	1ea	1ea	1ea	Pumpkin muffins	1p	1p	1p	Biscuits & Jelly	1/2p	1/2p	1w
	Apples	2ea	4ea	4ea	Assorted Fruit	1/4c	1/2c	1/2c	Bananas	1/2	1	1	Oranges	3ea	6ea	6ea	Apples 1% Milk Sub: Almond , Oat or Lactaid Milk	2	4	4
	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz
Lunch MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Macaroni & Cheese (HM) Sub: Chicken Nuggets	1/3c 3	1/3c 4	1/2c 5	Taco Soup	1/2c	3/4c	1c	Chicken & Noodles	1/3c 1/8c	1/2c 1/8c	3/4c 1/4c	Cheese Pizza	1/2p	1p	1p	KPS Lunchables Turkey Slices Cheese Slices	1p	1p	1p
	Mixed Vegetables	1/4c	1/4c	1/2c	Mixed Vegetables	1/4	1/4	1/4	WG Roll	1/2	1/2	1	WG Crust				Ritz Crackers	4ea	4ea	7ea
	Fruit Cocktail	1/4c	1/4c	1/4c	Tropical Fruit	1/4c	1/4c	1/4c	Mashed Potatoes	1/4c	1/4c	1/4	Corn	1/4c	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c
	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	Blueberries	1/4	1/4	1/4	Applesauce 1% Milk Sub: Almond , Oat or Lactaid Milk	1/4c	1/4c	1/4c	Apples 1% Milk Sub: Almond , Oat or Lactaid Milk	2ea	2ea	4ea
PM Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Apples	4ea	4ea	4ea	Pretzels	1/3c	1/3c	2/3c	Cheese Slices	2sl	2sl	3sl	Pita Bread	1/4p	1/4p	1/2p	Chef's Choice	1/4c	1/4c	1/2c
	Sunbutter	1T	1T	2T	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz	Club Crackers	4	4	6	Hummus	1tbs	2tbs	2tbs	1% Milk Sub: Almond , Oat or Lactaid Milk	4oz	6oz	8oz
	Water	4oz	6oz	8oz					Water	4oz	6oz	8oz	Water	4oz	6oz	8oz				

Key
 Allergy Substitutions are in *Italics*
 (CN)-Child Nutrition Labels