

## Menu for Week of October 30, 2023

Menu # 5	Monday				Tuesday				Wednesday				Thursday				Friday			
	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
	Chex Mix	1/4c	1/4c	1/4c	Club Crackers	4ea	4ea	6ea	Doughnuts	2ea	2ea	2ea	Animal Crackers	1/4c	1/4c	1/4c	Chef's Choice	1/4c	1/4c	1/4c
Breakfast MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD	Toast (WG) & Jelly	1p	1p	1p	French Toast Bake	1ea	1ea	1ea	Biscuit & Jelly	1/2p	1/2p	1p	Bogels & Cream Cheese	1/2sl	1/2sl	1ea	Strawberry Yogurt	1p	1p	1p
	Apples 1 7/8 MILK Sub: Almond, Oat or Lactaid Milk	2p	4p	4p	Strawberries 1 7/8 MILK Sub: Almond, Oat or Lactaid Milk	1/4	1/2c	1/2c	Oranges 1 7/8 MILK Sub: Almond, Oat or Lactaid Milk	2	4	4	Assorted Fruit Or Vegetable	1/4c	1/2c	1/2c	Banana	1/2p	1p	1p
Lunch MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/VEG CHIPS	Cheeseburgers	1/2ea	1/2ea	1ea	Pepperoni Pizza	1/2	1	1	Chicken Nuggets	4oz	6oz	8oz	Chef Salad Shredded Chicken Shredded Cheese	1/2c .5oz .5oz .5oz	1/2c 1oz 1oz	1/2c 1oz 1oz	Cheesy Chicken & Rice	1/2c	3/4c	1c
	WG bread	1/2p	1/2p	1p	WG Crust				WG Breading	WG Roll	1/2p	1/2p	1p	Diced Chicken Brown Rice(WG)	1oz .5oz	1.5oz .5oz	2oz 1oz			
PM Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Pickle spear	2ea	2ea	4ea	Corn	1/4c	1/4c	1/4c	Green Beans	1/4c	1/4c	1/4c	Lettuce	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4c	1/2c
	Peaches	1/4c	1/4c	1/4c	Lettuce	1/4c	1/4c	1/4c	Pears	1/4c	1/4c	1/4c	Banana	1/2ea	1/2ea	1ea	Assorted Fruit	1/4c	1/4c	1/4c
PM Snack Choose 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	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 Mil	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz			1% Milk Sub: Almond, Oat or Lactaid Milk	4oz		
	Ritz Crackers	4ea	4ea	7ea	Cheez-its	1/4c	1/4c	1/4c	Goldfish	1/4c	1/4c	1/4c	Chef's Choice	1/4c	1/4c	1/4c	Chef's Choice	1/4c	1/4c	1/2c

Menu Prepared by: Danielle Williams  
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**Key:**  
 Allergy Substitutions are in italics  
 (CN)-Child Nutrition Labels