

Menu for Week of November 6, 2023

Menu # 6	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, FLEED MEAT/MEAT ALTERNATE GRAIN/ BREAD MILK/FRUIT VEGETABLE	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate Milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz
	Frosted Mini Wheats	1/4c	1/4c	1/2c	Strawberry Pop Tart	1ea	1ea	1ea	Doughnuts	2ea	2ea	3ea	Blueberry Muffin	1p	1p	1p	Captain Crunch	1/4c	1/4c	1/2c
Breakfast MILK, FLUID MILK, FLEED MEAT/MEAT ALTERNATE GRAIN/ BREAD	Scrambled Eggs	1/2oz	1/2oz	1oz	Pumpkin Muffins (HM)	1ea	1ea	1ea	(HM) French Toast Bake WG Bread	1p	1p	1p	Banana Muffins (HM)(WG)	1ea	1ea	1ea	Peach Yogurt	1ea	1ea	1ea
	Sub Peanut Butter & Toast																			
	Oranges	3p	6p	6p	Apple Slices	2p	4p	4p	Bananas	1/2p	1p	1p	Mango Chunks	1/4c	1/2c	1/2c	Apples Slices	2p	4p	4p
	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 MILK, FLEED MEAT/MEAT ALTERNATE GRAIN/ BREAD	Popcorn	5ea	5ea	8ea	Chicken Nachos	1oz	1.5oz	2oz	Spaghetti & Meatballs	1oz	1 1/2 oz	2oz	BQ Chicken Sandwich	1ea	1ea	1ea	Hotdogs	1ea	1ea	1ea
	Chicken Cottage Cheese	1oz	1oz	1oz																
	WG Breading				Tortilla Chips Sub: Tortilla				Pasta	1/4c	1/4c	1/2c	WG Bun	1	1	1	WG Bun	1ea	1ea	1ea
PM Snack Choose 2 MILK, FLUID MILK, FLEED MEAT/MEAT ALTERNATE GRAIN/ BREAD	Mixed Vegetables	1/4c	1/4c	1/2c	Lettuce & Salsa	1/4	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c	Tater Tots	4ea	4ea	7ea	Cucumbers	4ea	4ea	6ea
	Fruit Cocktail	1/4c	1/4c	1/4c	Peaches	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Pineapple	1/4c	1/4c	1/4c	Carrots	1/4c	1/4c	1/2c
	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
PM Snack Choose 2 MILK, FLUID MILK, FLEED MEAT/MEAT ALTERNATE GRAIN/ BREAD	Cheez-It Crackers	1/4c	1/4c	1/2c	Club Crackers	4	4	7	Graham Crackers	1 1/2ea	1 1/2ea	2ea	Pretzel Fish	1/4c	1/4c	1/4c	Chef's Choice	1/4c	1/4c	1/4c
	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz

Menu Prepared by: Danielle Williams

"The USDA is an equal opportunity provider and employer"

Food Allergy Substitutions are in italics (C=Milk, N=Nuts, O=Other) (W=Whole, M=Meat, B=Bread)