

Menu	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	Choose2 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
	Ritz Crackers	4ea	4ea	6ea	Caplin Crunch	1/4c	1/4c	1/4c	1/4c	Doughnuts	2ea	2ea	3ea	Coco Puff Cereal	1/4 c	1/4 c	1/4 c	Froasted Flakes	1/4 c	1/4c	1/4 c
	Apple Cinnamon Muffin	1/2p	1ea	1ea	Toasty O's Cereal	1/2c	1/2c	1c	1c	Banana Muffin	1/2ea	1/2ea	1ea	Blueberry Muffin	1/2ea	1ea	1ea	Toast & Jelly	1/2ea	1ea	1ea
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Oranges	3ea	6ea	6ea	Apple 1% Milk Sub: Almond, Oat or Lactaid	2ea	4ea	4ea	Strawberries 1% Milk Sub: Almond, Oat or Lactaid	1/4c	1/2ea	1/2c	Banana 1% Milk Sub: Almond, Oat or Lactaid	1/4c	1/2c	1/2c	Apples 1% Milk Sub: Almond, Oat or Lactaid	2	4	4
	Chicken Sandwich	1/2ea	1/2ea	1ea	Beef Tacos	1ea	1ea	2ea	Mini Corn Dogs	4ea	4ea	6ea	KPS Pizza Lunchables Mozerella Cheese Pepperoni slices	.5oz	1oz	1oz	Holdidogs	1/2ea	1ea	1ea	
	MILK, FLUID MEAT/MEAT ALTERNATE	WG Bread			Beef cheese WG Tortilla	1/8c	1/8c	1/4c	WG Breading				WG Pita Bread	1/4 p	1/4 p	1/2 p	WG Bun				
	1st FRUIT/VEG	Pickles	2ea	2ea	4ea	Lettuce& Salsa	1/4c	1/4c	1/2	Peas	1/4c	1/4c	1/2c	Pizza Sauce	1/4 c	1/4 c	1/4 c	Hashbrown patty	1ea	1ea	2ea
	2nd FRUIT/VEG GRAIN/BREAD OTHER	Applesauce 1% Milk Sub: Almond, Oat or Lactaid	1/4c	1/4 c	1/4 c	Fruit cocktail 1% Milk Sub: Almond, Oat or Lactaid	1/4c	1/4c	1/4c	Pineapple 1% Milk Sub: Almond, Oat or Lactaid	1/4c	1/4c	1/4c	Apples 1% Milk Sub: Almond, Oat or Lactaid	2ea	2ea	2ea	Peaches 1% Milk Sub: Almond, Oat or Lactaid	1/4 c	1/4c	1/4 c
Lunch	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE	Graham Crackers	1	1/2 p	2p	Ritz Crackers	4ea	4ea	7ea	Animal Crackers	1/4c	1/4c	1/4c	Club Crackers	4ea	4ea	7ea	Pud Mix Sub: Chex Mix	1/4 c	1/4c	1/4 c
PM Snack	Water	4oz	5oz	8oz	1% Milk Sub: Almond	4oz	6oz	8oz	1% Milk Sub: Almond	4oz	6oz	8oz	1% Milk Sub: Almond	4oz	6oz	8oz	1% Milk Sub: Almond	4oz	6oz	8oz	

Menu Prepared by: Danielle Williams

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ICNI-Child Nutrition Labels
IHMI- HomeMade
IWG- Whole Grain