

	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.
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
	Mixed Cereal	1/4c	1/4c	1/4c	Ritz Crackers	4ea	4ea	6ea	Doughnuts	2ea	2ea	3ea	Cheex mix	1/4c	1/4c	1/4c	Chef's Choice	1/4c	1/4c	1/4c
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Toast with Grape Jelly	1p	1p	1p	Strawberry and Banana yogurt cup	1ea	1ea	1ea	Chef's Choice	1ea	1ea	1ea	Corn Fickes	1/2c	1/2c	1/2c	English Muffins and Cream Cheese	1/2p	1/2p	1p
	Apple Slices	2p	4p	4p	Banana	1/2p	1w	1w	Peach Slices	1/4c	1/2c	1/2c	Oranges	3p	6p	6p	Apples	2ea	4ea	4ea
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Chicken Nuggets	5p	5p	5p	French Toast Bake Sausage link	1p 1ea	1p 1ea	1p 1ea	Cheese Chicken & Rice Diced Chicken	1/2c 1/8c	3/4c 1/8c	1c 1/4c	Beef Tacos Ground Beef Shredded Cheese	1/8c 1/8c	1/8c 1/8c	1/4c 1/4c	Diced Ham	1oz	1.5oz	2oz
	Wg Breadings				WG Breading				Brown Rice	1/3c	1/2c	3/4c	WG Tortilla	1	1	1	WG Roll	1ea	1ea	1ea
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Cooked Carrots	1/4c	1/4c	1/2c	Sweet potato Mash	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4c	1/2c	Lettuce & Salsa	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c
	Applesauce	1/4c	1/4c	1/4c	Blueberries	1/4c	1/4c	1/4c	Pineapple	1/4c	1/4c	1/4c	Tropical Fruit	1/4c	1/4c	1/4c	Pears	1/4c	1/4c	1/4c
Choose ² MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Animal Crackers	1/4c	1/4c	1/4c	Club crackers	4ea	4ea	7ea	Pretzels	1/3c	1/3c	2/3c	Goldfish	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

PM Snack

Lunch

Breakfast