

Menu 1	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 <sup>2</sup> MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ JUICE/FRUIT BREAD VEGETABLE	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz
	Cinnamon Life	1/4c	1/4c	1/4c	CheX Mix	1/4c	1/4c	1/4c	Doughnuts	2ea	2ea	3ea	Coco Puffs	1/4c	1/4c	1/4c	Goldfish	1/4c	1/4c	1/4c
	Mash Matey's WG Cereal Sub: Assorted Cereal	1/2c	1/2c	1c	Apple Cinnamon Muffins	1/2ea	1ea	1ea	Vanilla Yogurt	1ea	1ea	1ea	Honey Shooters Cereal	1ea	1ea	1ea	Blueberry Muffin	1/2ea	1ea	1ea
	Peaches	1/4c	1/2c	1/2c	Apple Slices	2ea	4ea	4ea	Strawberries	1/4c	1/2c	1/2c	Oranges	3p	6p	6p	Apple Slices	2p	4p	4p
	1% Milk				1% Milk				1% Milk				1% Milk				1% Milk			
	Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid			
	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Sloppy Joes	1oz	1.5oz	2oz	Chicken Nachos	1/2c	3/4c	1c	Ham Chunks	1.5oz	1/4c	1/4c	K/S	1oz	1.5oz	2oz	Cheese Pizza(CN)	1/2ea	1ea	1ea
	WG Bun	1/2p	1/2p	1w	WG Tortilla (2 years) Tortilla Chips	1ea 0	4p	6p	WG Roll	1/2p	1/2p	1p	Sliced Ham Sliced Cheese Ritz Crackers	2p 2p 4p	3p 2p 4p	3p 3p 7p				
	Hashbrown	1p	1p	2p	Lettuce & Salsa	1/4c	1/4c	1/2	Corn	1/4c	1/4c	1/2c	Sliced Cucumbers	1/4c	1/4c	1/2c	Lettuce & Dressing	1/4c	1/4c	1/2c
	Patty				Mandarin Oranges	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Apples	2p	2p	2p	Pears	1/4c	1/4c	1/4c
	Tropical Fruit	1/4c	1/4c	1/4c	1% Milk	1/4c	1/4c	1/4c	1% Milk	1/4c	1/4c	1/4c	Sub: Almond, Oat or Lactaid	4oz	6oz	8oz	Sub: Almond, Oat or Lactaid	4oz	6oz	8oz
	1% Milk				1% Milk				1% Milk				1% Milk				1% Milk			
	Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid				Sub: Almond, Oat or Lactaid			
	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Trail Mix	1/4c	1/4c	1/2c	Animal Crackers	1/4c	1/4c	1/4c	Ritz Crackers	4ea	4ea	7ea	Graham Crackers	1 1/2p	1 1/2p	2p	Soft Pretzels	1/2p	1/2p	1/4c
	1% Milk				1% Milk				1% Milk				1% Milk				1% Milk			
	Sub: Almond				Sub: Almond				Sub: Almond				Sub: Almond				Sub: Almond			
	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz

Menu Prepared by: Danielle Williams  
 "The USDA is an equal opportunity provider and employer"

Allergy Substitutions are in **italics**  
 CNL-Child Nutrition Labels  
 HMI - Homemade  
 WG - Whole Grain