

| Menu # 3 | 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 | Cher's Salad Apple Slices Milk Graham/Crackers Veggies | Water | 4oz | 6oz | 8oz | Water | 4oz | 6oz | 8oz | Chocolate milk | 4oz | 6oz | 8oz | Water | 4oz | 6oz | 8oz | water | 4oz | 6oz | 8oz |
| | Apple Pie Puffs | 1/2c | 1/2c | 1/2c | Animal Crackers | 1/4c | 1/4c | 1/4c | Doughnuts | 2ea | 2ea | 3ea | Croustons | 1/4c | 1/4c | 1/2c | Cher's Choice | 1ea | 1ea | 1ea | |
| Breakfast | Milk, Fluid Juice, Fruit Vegetable Graham/ Bread | Corn Flakes | 1/2c | 1/2c | 1c | Assorted (WG) Bread & Jelly | .5oz | .5oz | 1oz | Pumpkin Squares(HM)(WG) | 1ea 1oz | 1ea 1oz | 1ea 1oz | Mini Wheats(WG) | 1c .5oz | 1c .5oz | 1c 1oz | Life Cereal | 1/2c .5oz | 1/2c .5oz | 1c 1oz |
| | Strawberries | 1/4c | 1/2c | 1/2c | Mangos | 1/4c | 1/2c | 1/2c | Bananas | 1/2p | 1p | 1p | Oranges | 3ea | 6ea | 6ea | Apples | 2ea | 4ea | 4ea | |
| Lunch | Milk, Fluid Meat/Seafood Alternat 1st Fruit / Veg 4th Fruit/Veg Cereal/Bread Dish | 1% Milk Sub: Almond, Oat or Lactaid Milk | 4oz | 6oz | 8oz | 1% Milk Sub: Almond, Oat or Lactaid Milk | 4oz | 6oz | 8oz | Sub: Almond, Oat or Lactaid Milk | 4oz | 6oz | 8oz | Chicken Alfredo(HM) | 3/4c 3/4c | 6oz 3/4c | 8oz 1c | Hot Dogs (CN) | 4oz | 6oz | 8oz |
| | Cher's Salad Diced Ham Shredded Cheddar Cheese | 1ea 1oz .5oz | 1ea 1oz .5oz | 1ea 1oz | Taco Salad Taco Meat (HM) Cheddar cheese | .5oz .5oz | 1oz 1oz | 1oz | (HM) Meatballs | 2ea | 2ea | 4ea | (WG) Pasta | .5oz | .5oz | 1oz | (WG) Bun | 1ea | 1ea | 1ea | |
| PM Snack | Milk, Fluid Meat/Seafood Alternat 1st Fruit / Veg 4th Fruit/Veg Cereal/Bread Dish | WG Roll | 1ea | 1ea | 1ea | WG Tortilla Chips Sub: WG Tortilla Lettuce&Salsa | .5oz | .5oz | 1oz | Marinara Sauce | 1/4c | 1/4c | 1/2c | Zucchini | 1/4c | 1/4c | 1/2c | Cucumbers | 1/4c | 1/4c | 1/2c |
| | Fruit Cocktail | 1/4c | 1/4c | 1/4c | Tropical Fruit | 1/4c | 1/4c | 1/4c | Green Beans 1% Milk Sub: Almond, Oat or Lactaid Milk | 1/4c | 1/4c | 1/2c | Applesauce 1% Milk Sub: Almond, Oat or Lactaid Milk | 1/4c | 1/4c | 1/4c | Grapes 1% Milk Sub: Almond, Oat or Lactaid | 1/4c | 1/4c | 1/4c | |
| AM Snack | Cher's Salad Apple Slices Milk Graham/Crackers Veggies | 1% Milk Sub: Almond, Oat or Lactaid Milk | 4oz | 6oz | 8oz | Sub: Almond, Oat or Lactaid Milk | 4oz | 6oz | 8oz | Cottage Cheese | 4oz | 6oz | 8oz | Apple Slices | 4ea | 4ea | 4ea | Trail Mix (HM) | 4oz | 6oz | 8oz |
| | Chex Mix | 1/4c | 1/4c | 1/2c | Pub Mix | N/A | 1/4c | 1/2c | 1/8c | 1/8c | 1/8c | 1/4c | 1% Milk Sub: Almond, Oat or Lactaid Milk | 4oz | 6oz | 8oz | 1% Milk Sub: Almond, Oat or Lactaid | 4oz | 6oz | 8oz | |

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



Allergy Substitutions are in Italics (CN)-Child Nutrition Labels (HM) Homemade CACFP Recipe

Everyone Gets 1% Milk of every meal Unless we have a doctors note saying other wise