

# Menu for October 14, 2024

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.			
AM Snack MILK, FLUID MEAT/MEAT ALTERNATE GRAIN JUICE/FRUIT VEGETABLE TEA/INFANT	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate Milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz			
	PopTarts	1ea	1ea	2ea	Graham Crackers	1ea	1ea	2ea	Doughnuts	2ea	2ea	3ea	Fruit Loops	1/4c	1/4c	1/4c	Captain Crunch	1/4c	1/4c	1/4c			
Breakfast MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD	English Muffin & Cream	1/2p .75oz	1/2p .75oz	1ea 1.5oz	Blueberry Mini Loaves (CN)(WG)	1ea 1oz	1ea 1oz	1ea 1oz	Raspberry Yogurt (CN)	1ea 1oz	1ea 1oz	1ea 1oz	Sausage Links (CN)	2ea	2ea	3ea	Honey O's (WG)	1/2c .5oz	1/2c .5oz	1c 1oz			
	Cheese (WG)	z	z	z	Oranges	3ea	6ea	6ea	Hashbrowns	1ea	2ea	2ea	Mangoes	1/4c	1/2c	1/2c	Apples	2p	4p	4p			
Lunch MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Apples	2p	4p	4p	1% Milk Sub: Almond, Oat or Lactaid Milk	2p	4p	4p	Garlic Chicken (CN)	7ea 4ea	7ea 6ea	10ea 6ea	Cottage Cheese Sub: Sliced	3oz 4sl	3oz 4sl	4oz 6sl	Mini Corn Dogs (CN) (Chicken)	6ea 6ea	6ea 6ea	Chicken Drumsticks (WG)(CN)	4ea 4ea	4ea 6ea	6ea
	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	Mashed Potatoes	1oz 1ea	1oz 1ea	1oz 1ea	WG Sliced Bread	1p 1oz	1p 1oz	1p 1oz	WG Breading	1/4c	1/4c	1/2c	Broccoli	1/4c	1/4c	1/2c	Corn	1/4c	1/4c
PM Snack CROISSANT MILK, FLUID MEAT/MEAT ALTERNATE GRAIN JUICE/FRUIT VEGETABLE	Bread Stick (WG)	1ea 1oz	1ea 1oz	1ea 1oz	Fruit Cocktail 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Applesauce 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Pears 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	Peaches 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c			
	Cucumbers	1/4c	1/4c	1/2c	Goldfish	1/4c	1/4c	1/4c	Club Crackers	4ea	4ea	6ea	Chef's Choice	1/4c	1/4c	1/4c							
PM Snack CROISSANT MILK, FLUID MEAT/MEAT ALTERNATE GRAIN JUICE/FRUIT VEGETABLE	Watermelon 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	1/4c	1/4c	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz															
	Cheezits	1/4c	1/4c	1/2c																			
PM Snack CROISSANT MILK, FLUID MEAT/MEAT ALTERNATE GRAIN JUICE/FRUIT VEGETABLE	Sub Ritz Crackers	4ea	4ea	6ea																			
	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz																			

Menu Prepared by: Danielle Williams  
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**Key**  
Allergy Substitutions are in Italics  
(CN)- Child Nutrition Labels  
(WG)- Whole Grain