

	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.		
Menu 1	Choose2 Milk, Fluid MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Water	4oz	6oz	8oz	1% Milk	4oz	6oz	8oz	Chocolate milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	
		Life Cereal	1/4c	1/4c	1/4c	Mini Wheats	1/4c	1/4c	1/4c	Doughnuts	2ea	2ea	3ea	Coco Puffs	1/4c	1/4c	1/4c	
	Honey Shooters(WG)	1ea	1ea	1ea	Apple Cinnamon Muffins(WG)	1ea	1ea	1ea	Vanilla Yogurt(CN)	1ea	1ea	1ea	Matey Cereal (WG) Sub Cheerios (WG)	1ea	1oz	1ea	1ea	
	Apple Slices	1/4c	1/2c	1/2c	Peaches	1/4c	1/2c	1/2c	Strawberries 1% Milk Sub: Almond, Oat or Lactaid	1/4c	1/2c	1/2c	Oranges 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c	3ea	6ea	1/2c	
	Milk, Fluid JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	Apple Slices 1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	
	Sliced Ham	3ea	4ea	4ea	Chicken Nachos	4oz	4oz	4oz	(CN) Sausage Biscuit	1ea	1ea	1ea	RPS Lunchables	1oz	1.5oz	2oz	String Cheese	
	Sandwiches	1W	1W	1W	Shredded Chicken	2oz	2oz	4oz	Cheese Stick (WG) Bug Bites	1ea	1ea	1ea	(CN) Sliced Turkey American Sliced Cheese	3ea	3ea	4ea		
	American Cheese	1 ea	1ea	2ea	WG Tortilla (2 years)	1ea	1ea	1ea	Ritz Crackers	1ea	1ea	1ea	Ritz Crackers	2ea	2ea	3ea		
	Sliced Bread	2ea	2ea	2ea	Tortilla Chips	0	8ea	16ea										
	Milk, Fluid MEAT/MEAT ALTERNATE GRAIN/FRUIT/VEG OTHER	Cucumbers	1/4c	1/4c	1/2c	Lettuce & Salsa(HM)	1/4c	1/4c	1/2c	Hashbrown patty	1ea	1ea	2ea	Sliced Cucumbers	1/4c	1/4c	1/2c	Baby Carrots Sub Cooked
	Apple Slices	1/4c	1/4c	1/4c	Mandarin Oranges	1/4c	1/4c	1/4c	Mangos 1% Milk Sub: Almond, Oat or Lactaid	1/4c	1/4c	1/4c	Apples 1% Milk Sub: Almond, Oat or Lactaid Milk	2p	2p	2p	Banana 1% Milk Sub: Almond, Oat or Lactaid Milk	
	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz		
	Choose2 Milk, Fluid MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Scooby Snacks (WG)	1Pkg 1oz	1Pkg 1oz	1Pkg 1oz	Animal Crackers	1/4c	1/4c	1/4c	Ritz Crackers 1% Milk Sub: Almond, Oat or Lactaid	4ea	4ea	7ea	Graham Crackers 1% Milk Sub: Almond, Oat or Lactaid Milk	1 1/2ea	1 1/2ea	2ea	Pretzels 1% Milk Sub: Almond, Oat or Lactaid Milk
	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz		

Menu Prepared by: Danielle Williams

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Key: Allergic Substitutions are in Italic (CN)-Child Nutrition Label (HM)-Homemade (WG)-Whole Grain (V)-Veggie