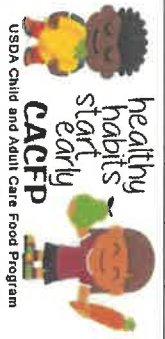


Menu # 3	Monday				Tuesday				Wednesday				Thursday				Friday			
	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.	Food Item	1-2 yrs.	3-5 yrs.	6+ yrs.
AM Snack Cheat Sheet: MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD OTHER	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	water	4oz	6oz	8oz
	PopTarts	1ea	1ea	1ea	Animal Crackers	1/4c	1/4c	1/4c	Doughnuts	2ea	2ea	3ea	Cinnamon Toast Crunch	1/4c	1/4c	1/2c	Belvita Cinnamon	2ea	2ea	4ea
Breakfast MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD	Rice Crispys Cereal	1/2c	1/2c	1c	Cheesy Cheddar Drop Biscuits (HM)(WG)	1ea 1oz	1ea 1oz	1ea 1oz	Pumpkin Squares(HM)(WG)	1ea 1oz	1ea 1oz	1ea 1oz	Mini Wheat's	1c	1c	1.5c	Life Cereal	1/2c	1/2c	1c
	Strawberries	1/4c	1/2c	1/2c	Mangos	1/4c	1/2c	1/2c	Bananas	1/2p	1p	1p	Apple Slices	2ea	4ea	4ea	Apples Slices	2ea	4ea	4ea
Lunch MILK, FLUID JUICE, FRUIT VEGETABLE GRAIN/ BREAD OTHER	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	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz
	Cheese Pizza (CN)	1ea	1ea	1ea	Taco Sliced Ground Beef Taco Meat Cheddar cheese	.5oz .5oz	1oz 1oz	1oz 1oz	Chicken Noodle Soup(HM) Cheese Stick	1c 1ea	1c 1ea	2c 1ea	Chicken Alfredo(HM)	3/4c 3/4c	6oz 6oz	1c	Hot Dogs (CN)	1ea	1ea	1ea
PM Snack Cheat Sheet: MILK, FLUID MEAT/VEGET ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	WG Crust	2oz	2oz	2oz	WG Tortilla Chips Sub: Tortilla Lettuce&Salsa	.5oz 1/4c	.5oz 1/4c	1oz 1/4c	(WG) Noodles	.5oz	.5oz	1oz	(WG) Pasta	1.25 oz	1.25 oz	1.25oz	(WG) Hotdog Bun	1ea	1ea	1ea
	Salad & Dressing	1/4c	1/4c	1/2c	Tropical Fruit	1/4c	1/4c	1/4c	Roasted Carrots	1/4c	1/4c	1/2c	Green Beans	1/4c	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c
PM Snack Cheat Sheet: MILK, FLUID MEAT/VEGET ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Fruit Cocktail	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	Applesauce	1/4c	1/4c	1/4c	HoneyDew	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, 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
PM Snack Cheat Sheet: MILK, FLUID MEAT/VEGET ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Chex Mix	1/4c	1/4c	1/2c	Pub Mix	N/A	1/4c	1/2c	Fish Pretzels	1Pkg	1Pkg	1Pkg	Apple Slices	4ea	4ea	4ea	Cheezits	1/4c	1/4c	1/2c
	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz	SUB Chex Mix 1% Milk Sub: Almond, Oat or Lactaid Milk	1/4c 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	1% Milk Sub: Almond, Oat or Lactaid Milk	4oz	6oz	8oz

Menu Prepared by: Danielle Williams



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

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