		Monday				Tuesday				Wednesday				Thursday				Friday			
			1-2	3-5	6+		1-2	3-5	6+		1-2	3-5	6+		1-2	3-5	6+		1-2	3-5	6+
L.,	Menu # 3	Food Item	yrs.	yrs.	yrs.	Food Item	yrs.	yrs.	yrs.	Food Item	yrs.	yrs.	yrs.	Food Item	yrs.	yrs.	yrs.	Food Item	yrs.	yrs.	yrs.
X	Choose2 MILK, FLUID MEAT/MEAT	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz	Chocolate Milk	4oz	6oz	8oz	Water	4oz	6oz	8oz	Water	4oz	6oz	8oz
AM Snack	ALTERNATE GRAIN/ BREAD JUICE/FRUIT	Scooby Snacks	1Pkg	1Pkg	1Pkg	Goldfish	1/4c	1/4c	1/2c	Doughnuts	2ea	2ea	3ea	Frosted Flakes	1/4c	1/4c	1/2c	Chef's Choice	1/4c	1/4c	1/2c
	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/	Corn Flakes	1/2c	1/2c	1c	Cinnamon Toast (WG)	lea loz	lea loz		English Muffin & Jelly	1/2p	1/2p	1W	Pumpkin Sliced Bread (WG)	1ea 2oz	lea 2oz	1ea 2oz	Honey Shooters (WG) (Oat Allergy: 1/2c Corn Flakes)	1oz	1oz	loz
		Strawberries	1/4c	1/2c	1/2c	Banana	1ea 1/2c	1ea 1/2c	1ea 1/2c	Apple Slices	4ea 1/2c	4ea 1/2c	4ea 1/2c	Asorted Fruit	1/4c	1/2c	1/2c	Oranges	6ea 1/2c	6ea 1/2c	6ea 1/2c
Breakfast		1% Milk (Sub: Almond, Oat, Plant-based, or	407	/07	907	1% Milk (Sub: Almond, Oat, Plant- based, or	407	/07	907	1% Milk (Sub: Almond, Oat, Plant- based, or	407	/07	907	1% Milk (Sub: Almond, Oat, Plant- based, or	407	/07	007	1% Milk (Sub: Almond, Oat, Plant-based,	407	/07	907
В	BREAD	Lactaid Milk) BBQ Pork	4oz 1ea	6oz 1ea	8oz 1ea	Lactaid Milk) Turkey	4oz 1ea	6oz 1ea		Lactaid Milk) (HM) Chicken	4oz 1/4c	6oz 1/2c		Lactaid Milk) Diced Turkey	4oz 4oz	60z 40z	8oz 4oz	or Lactaid Milk) Mini Corn Dogs	4oz 6ea	6oz 6ea	8oz 6ea
		Sandwhich (CN)	ica	100	ica	Sandwhich Sliced Turkey American Cheese (Dairy Allergy: Double Meat)	3ea 1ea	3ea 1ea	4ea	Salad (Egg Allergy: Chicken Salad with no egg or mayo)	1/40	1/20	1/20	(CN)	402	402	402	(CN)	oca		oca
		(WG) Hamburger Bun	lea 2oz	lea 2oz	1ea 2oz	Hamburger Bun (WG)	lea 2oz	1ea 2oz	1ea 2oz	Ritz Crackers	4ea	4ea	6ea	WG Roll	lea loz	lea loz	lea loz	(WG) Breading	1oz	1oz	loz
		French Fries	1/4c	1/4c	1/2c	Baby Carrots (2yrs. Cooked Carrots)	1/4c	1/4c	1/2c	Cucumbers	1/4c	1/4c	1/2c	Vegtables (Pea Allergy: Green Beans)	1/4c	1/4c	1/2c	Corn	1/4c	1/4c	1/2c
	MILK, FLUID MEAT/MEAT																				
	ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD	Pineapple	1/4c	1/4c	1/4c	Applesauce 1% Milk	1/4c	1/4c	1/4c	Watermelon	1/4c	1/4c	1/2c	Applesauce	1/4c	1/4c	1/4c	Peaches 1% Milk	1/4c	1/4c	1/4c
Lunch		1% Milk (Sub: Almond, Oat, Plant-based, or				(Sub: Almond, Oat, Plant- based, or				(Sub: Almond, Oat, Plant- based, or				(Sub: Almond, Oat, Plant- based, or				(Sub: Almond, Oat, Plant- based, or			
Σ	OTHER	Lactaid Milk)	4oz	6oz	8oz	Lactaid Milk)	4oz	6oz	8oz	Lactaid Milk)	4oz	6oz	8oz	Lactaid Milk)	4oz	6oz	8oz	Lactaid Milk)	4oz	6oz	8oz
	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Club Crackers	4ea	4ea	7ea	Pita	2ea	2ea		Chef's Choice	1/4c			Pretzels	1/3c			Graham Crackers	1.5ea	1.5e	2ea
PM Snack		1% Milk (Sub: Almond, Oat, Plant-based, or Lactaid Milk)	4oz	6oz	8oz	Hummus  1% Milk (Sub: Almond, Oat, Plant- based, or Lactaid Milk)	20z 40z		3oz 8oz	1% Milk (Sub: Almond, Oat, Plant- based, or Lactaid Milk)	4oz	6oz	8oz	1% Milk (Sub: Almond, Oat, Plant- based, or Lactaid Milk)	4oz	60z	8oz	1% Milk (Sub: Almond, Oat, Plant-based, or Lactaid Milk)	40z	60z	8oz
		Menu Prepared by: Danielle Williams		.,										<u>Allergy Substitu</u> (CN)-Child N	Nutrition L	abels					
		The USDA is an equal or	portur	iiiy pro	viaer a	na employer								(HM) CACFP Approve	ed Home	made Re	ecipes	l .			