

## Week One Menu 3-5 year olds

Date:	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	$\frac{3}{4}$ C Unflavored skim milk  $\frac{1}{4}$ C Cereal $\frac{1}{2}$ C Cranberries	$\frac{3}{4}$ C Unflavored skim milk  3/4 Peach Muffin	$\frac{3}{4}$ C Unflavored skim milk  3/4 Piece banana bread	$\frac{3}{4}$ C Unflavored skim milk  3/4 Apple Cinnamon Pancake	$\frac{3}{4}$ C Unflavored skim milk  $\frac{1}{4}$ C Cereal $\frac{1}{2}$ C Raisins
<b>Lunch</b>	$\frac{3}{4}$ C Unflavored skim milk  $\frac{3}{4}$ C Spaghetti with whole grain noodles 1.5 Oz ground turkey $\frac{1}{4}$ C Peaches	$\frac{3}{4}$ C Unflavored skim milk  $\frac{3}{4}$ Oz Turkey & $\frac{3}{4}$ Oz cheese $\frac{1}{2}$ slice WG sandwich $\frac{1}{4}$ C Green peas $\frac{1}{4}$ C Fruit cocktail	$\frac{3}{4}$ C Unflavored skim milk  $\frac{1}{2}$ slice WG bread 3 Tbsp peanut butter & jelly $\frac{1}{4}$ C Mixed veggies $\frac{1}{4}$ C Applesauce	$\frac{3}{4}$ C Unflavored skim milk  Cheesy Beef Casserole= $\frac{1}{4}$ C rice, $\frac{1}{4}$ C tomato, 1.5 Oz ground turkey $\frac{1}{4}$ C Fruit cocktail	$\frac{3}{4}$ C Unflavored skim milk  Grilled Cheese on $\frac{1}{2}$ slice WG bread with 1.5 Oz cheese $\frac{1}{4}$ C Green peas $\frac{1}{4}$ C Applesauce
<b>Snack</b>	.4 Oz Ritz $\frac{1}{2}$ C 100% Juice	.4 Oz Saltine crackers $\frac{1}{2}$ C 100% juice	.4 Oz Animal crackers $\frac{3}{4}$ C Unflavored skim milk	.4 Oz WG Graham crackers $\frac{3}{4}$ C Unflavored skim milk	.25 Oz Whole grain popcorn $\frac{1}{2}$ C 100% Juice
<b>Dinner</b>	$\frac{3}{4}$ C Unflavored skim milk  $\frac{1}{2}$ Tostada $\frac{1}{8}$ C Chicken $\frac{1}{8}$ C Refried beans $\frac{1}{2}$ C Corn salsa	$\frac{3}{4}$ C Unflavored skim milk  .75 Oz Chicken Mac & .75 Oz Cheese with $\frac{1}{4}$ C whole grain noodles $\frac{1}{4}$ C Mixed veggies $\frac{1}{4}$ C Mandarin oranges	$\frac{3}{4}$ C Unflavored skim milk  .75 Oz cheese Quesadillas .75 Oz chicken $\frac{1}{4}$ C Corn salsa $\frac{1}{4}$ C Refried beans	$\frac{3}{4}$ C Unflavored skim milk  1.5 Oz Hotdog on $\frac{3}{4}$ bun $\frac{1}{4}$ C Mixed veggies $\frac{1}{4}$ C Peaches	$\frac{3}{4}$ C Unflavored skim milk  Buffet

**\*All substitutions will be given as needed.**

07/14/2022