

Menu #1 for Week of

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY				
Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	
BREAKFAST:	Whole Milk(1 yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4 oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4 oz		
	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz
1.Milk/Fluid	Diced Pears	1/4C	1/2C	1/2 C	Fruit Cocktail	1/4 C	1/2C	1/2 C	Applesauce	1/4 C	1/2C	1/2C	Mand. Oranges	1/4 C	1/2C	1/2C	Wh. Wheat Cinna Bread	1/2 pc	1/2 pc	1 pc
2.Fruit/Veg.	Life Cereal	1/4C	1/2C	3/4C	Cereal Mix	1/4C	1/2C	3/4C	Apple Cinn. Muffin	1	1	1	Multi-Grain Cheerios	1/4 C	1/2C	3/4C	Tropical Fruit	1/4C	1/2C	1/2C
3.Grain																				
A.M. SNACK:	Whole Milk(1 yr)	4oz			Whole Milk(1yr)	4oz			Orange Juice	4oz	4 oz	6 oz	Whole Milk(1yr)	4oz			Water	Unlimited		
	1% Milk(2yr+)	4 oz	4 oz	8 oz	1% Milk(2yr+)	4 oz	4 oz	8 oz					1% Milk(2yr+)	4 oz	4 oz	8 oz				
Choose 2:	Baby Carrots		1/4C	1/2 C	Snack Mix	1/4 C	1/4C	1/2C	Garlic Naan Bread	1/8 pc.	1/8 pc.	1/4 pc.	Pineapple	1/2C	1/2C	3/4C	Cheese Slice	1	1	2
a)Milk/Fluid	Flips Crackers	4															Club Crackers	4	4	8
b)Meat/Meat Alt.																				
c)Fruit/Veg																				
d)Grain/Bread																				
LUNCH:	Whole Milk(1 yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz		
	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz
1.)Milk/Fluid	Mini Turkey Corndogs	3	5	6	Spaghetti (W)(H)	1/2 C	1/2 C	1 C	Salisbury Steak	1/4 C	1 piece	1 piece	Turkey Sausage Links	1/4 C	3 links	3 links	Chicken Nuggets	3	4	5
2.)Meat/Meat Alt.	Broccoli (F)		1/4 C	1/2 C	Green Beans	1/4 C	1/4 C	1/2 C	Mashed Potatoes	1/4 C	1/4 C	1/2 C	French Toast Sticks (W)	1 stick	2 sticks	2 sticks				
3.)Fruit	Mixed Veggies	1/4 C			Orange Slices		1/4 C	1/2 C	Sliced Peaches		1/4 C	1/2 C	Banana (F)	1/2	1/2	1	Corn	1/4 C	1/4 C	1/2 C
4.)Vegetables.)	Apple Slices (F)		1/4 C	1/2 C	Mandarin Oranges	1/4 C			Diced Peaches	1/4 C			Hash Browns	1/4 C	1/4 C	1/2 C	Diced Pears	1/4 C	1/4 C	1/2 C
Grain/Bread	Applesauce	1/4 C							Bread & butter	1/2	1/2	1	Syrup				Ketchup/BBQ			
P.M. SNACK:	Apple Juice	4oz	4oz	6oz	Berry Juice	4oz	4oz	6oz	Whole Milk(1yr)	4oz			Apple Juice	4oz	4oz	6oz	Whole Milk(1yr)	4oz		
									1% Milk(2yr+)	4 oz	4 oz	8 oz					1% Milk(2yr+)		4 oz	8 oz
Choose 2:	Pita Crackers		4	8	Goldfish Crackers	1/4 C	1/4 C	1/2 C					Wheat Saltine Crackers	4	4	8	Graham Crackers	1 rect.	1 rect.	2 rect.
a)Milk/Fluid																				
b)Meat/Meat Alt.																				
c)Fruit/Veg																				
d)Grain/Bread	Wheat Ritz	4							Cheese Sandwich Crackers	3	3	6								

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(T.)=Tablespoon

*All juice served is 100% juice.
*Second servings will be given upon the child's request.
*If the lunch entrée includes meat, a soy butter or cheese sandwich will be substituted as a vegetarian option

Menu #2 for Week of

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY					
Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		
BREAKFAST:	Whole Milk(1yr)	4oz			Whole Milk(1yr)	4 oz				Whole Milk(1yr)	4oz				Whole Milk (1yr)	4 oz				Whole Milk(1yr)	4oz				
1.Milk/Fluid 2.Fruit/Veg. 3.Grain	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)	4 oz	6 oz	8 oz		1% Milk (2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)	4 oz	6 oz	8 oz		
	Diced Pears	1/4 C	1/2 C	1/2 C	Applesauce	1/4 C	1/2 C	1/2 C		Tropical Fruit	1/4 C	1/2 C	1/2 C		Diced Peaches	1/4 C	1/2 C	1/2 C		Pineapple	1/4 C	1/2 C	1/2 C		
	Cornflakes	1/4 C	1/2 C	3/4C						Rice Chex	1/4 C	1/2 C	3/4 C		Cheerios	1/4 C	1/2 C	3/4 C		Biscuit	1/2	1/2	1		
					Blueberry Muffin	1	1	1													Jam				
A.M. SNACK:	Whole Milk(1yr)	4oz			Cherry Juice	4oz	4 oz	6 oz		Orange Juice	4oz	4 oz	6 oz		Apple Juice	4oz	4 oz	6 oz		Apple Punch	4oz	4 oz	6 oz		
Choose 2: a)Milk/Fluid b)Meat/Meat Alt. c)Fruit/Veg d)Grain	1% Milk(2yr+)	4 oz	4 oz	8 oz																					
					Cheez-Its	1/4 C	1/4 C	1/2C		Wheat Thins		5	10		Pretzel Rods		1	2		Baby Carrots		1/2 C	1/2 C		
	Goldfish	1/4 C	1/4 C	1/2 C						Oyster Crackers	1/4 C				Wheat Saltines	4				Wheat Ritz	4				
LUNCH:	Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz				Whole Milk(1yr)	4oz				Whole Milk (1yr)	4oz				Whole Milk(1yr)	4oz	6oz	8oz		
1.Milk/Fluid 2.Meat/Meat Alt. 3.Fruit 4.Vegetables 5.Grain	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)	4 oz	6 oz	8 oz		1% Milk (2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)					
	Hot Dog	1/4C	1	1	Taco Meat	1/4 C	1/4 C	1/4 C																	
	Wheat Bun	1/2	1	1	Shred. Cheddar	1/8 C	1/8 C	1/4 C		Sloppy Joe Meat	1/4 C	1/4 C	1/3 C							Fish Nuggets	2	3	4		
					Shred. Lettuce		1/4 C	1/2 C		Wheat Bun	1/2	1	1		Macaroni & Cheese	1/2 C	1/2 C	2/3 C							
	Baked Beans	1/4 C	1/4 C	1/2 C	Peas	1/4 C				Celery Stick		1/4	1/2												
	Sliced Peaches		1/4 C	1/2 C	Wheat Tortilla	1/4 C	1	1		Soy Butter		1/2 T	1 T		Baby Carrots		1/4 C	1/2 C		Green Beans	1/4 C	1/4 C	1/2 C		
	Diced Peaches	1/4 C			Refried Beans	1/4 C	1/4 C	1/2 C		Mixed Veggies	1/4 C				Sliced Carrots	1/4 C				Applesauce	1/4 C	1/4 C	1/2 C		
					Orange Slices		1/4 C	1/2 C		Cantaloupe	1/4 C	1/4 C	1/2 C		Mand. Oranges	1/4 C	1/4 C	1/2 C							
	Ketchup/Mustard				Mand. Oranges	1/4 C															Ketchup				
	P.M. SNACK:	Apple Juice	4oz	4oz	6oz	Whole Milk(1yr)	4oz				Whole Milk(1yr)	4oz				Whole Milk (1yr)	4oz	4oz	8oz		Water	Unlimited			
Choose 2: a)Milk/Fluid b)Meat/Meat Alt. c)Fruit/Veg D)Grain					1% Milk(2yr+)	4 oz	4 oz	8 oz		1% Milk(2yr+)	4 oz	4 oz	8 oz		1% Milk (2yr+)										
										Apple Slices		1/4 C	1/2 C		Animal Crackers	1/4 C	1/4 C	1/2 C		Club Crackers	4	4	8		
	Cheese Breadstick	1/2	1/2	1	Flips Crackers	4	4	8		Applesauce	1/4 C									Cheese Slices	1				
																				Cheese Cubes		4	7		

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(T.)=Tablespoon

*If the lunch entrée includes meat, a soy butter or cheese sandwich will be substituted as a vegetarian option

"The USDA is an equal opportunity provider and employer"

*seconds will be served upon child's request

Menu #3 for Week of _____

MONDAY					TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		
BREAKFAST:	Whole Milk(1yr)	4 oz			Whole Milk(1 yr)	4oz			Whole Milk (1yr)	4 oz			Whole Milk(1yr)	4 oz			Whole Milk(1yr)	4 oz		
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz
1.Milk/Fluid	Fruit Cocktail	1/4 C	1/2 C	1/2 C	Diced Pears	1/4 C	1/2 C	1/2 C	Applesauce	1/4C	1/2C	1/2C	Cantaloupe	1/4C	1/2C	1/2C	Mandarin Oranges	1/4 C	1/2 C	1/2 C
2.Fruit/Veg.	Crispix Cereal	1/4 C	1/2 C	3/4 C	Cheerios	1/4 C	1/2 C	3/4 C	Blueberry Bagel	1/4	1/4	1/2	Apple Muffin	1	1	1	Corn Chex	1/4 C	1/2 C	3/4 C
3.Grain									Cream Cheese											
A.M. SNACK	Water	Unlimited			Orange Juice	4oz	4 oz	6 oz	Whole Milk (1yr)	4oz			Grape Juice	4oz	4 oz	6 oz	Apple Juice	4 oz	4 oz	6 oz
	Cottage Cheese	1/8 C	1/8 C	1/4 C	Wheat Bread	1/2pc	1/2pc	1 pc	1% Milk (2yr+)	4 oz	4 oz	8 oz	Wheat Ritz	4	4	8	Animal Crackers	1/4 C	1/4 C	1/2 C
Choose 2: a)Milk/Fluid b)Meat/Meat Alt. c)Fruit/Veg d)Grain	Wheat Pita	1/4pc	1/4pc	1/2pc	Jam				Pineapple	1/2 C	1/2 C	3/4 C								
LUNCH:	Whole Milk(1yr)	4oz			Whole Milk(1 yr)	4oz			Whole Milk (1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz		
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz
1.)Milk/Fluid	Hamburger	1/4C	1	1	Grilled Ham & Cheese Sandwich:			Meatball Sandwich:			Ravioli	4 sq.	6 sq.	8 sq.	Pizza	1/2pc.	1 pc.	1 pc.		
2.)Meat/Meat	Wheat Bun	1/2	1	1	Ham	1/2 oz	1/2 oz	1 oz	Meatballs	2	3	5	Broccoli (F)	1/4 C	1/2 C	Salad Mix	1/4 C	1/2 C		
Alt.	French Fries	1/4 C	1/4 C	1/2 C	Cheese	1 oz	1 oz	1 oz	Wheat Bun	1/2	1	1	Broccoli	1/4 C		Green Beans	1/4 C			
3.)Fruit	Apple Slices		1/4 C	1/2 C	Wheat Bread	1	2	2	Shrd. Mozz.				Sliced Peaches		1/4 C	1/2 C	Banana (F)	1/2	1/2	1
4.)Vegetables	Applesauce	1/4 C			Mixed Veggies	1/4 C	1/4 C	1/2 C	Cheese	1/8	1/8	1/4	Diced Peaches	1/4 C		Bread	1/2pc.	1/2pc	1 pc.	
5.)Grain	Ketchup/Must.				Grapes		1/4 C	1/2 C	Corn	1/4 C	1/4 C	1/2 C	Butter/Ranch							
					Diced Peaches	1/4 C			Mand. Oranges	1/4 C	1/4 C	1/2 C								
									Marinara Sauce											
P.M. SNACK:	Whole Milk(1yr)	4oz			Whole Milk(1 yr)	4oz			Apple Juice	4oz	4oz	6oz	Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz		
	1% Milk (2yr+)	4 oz	4 oz	8 oz	1% Milk (2yr+)	4 oz	4 oz	8 oz					1% Milk (2yr+)	4 oz	4 oz	8 oz	1% Milk (2yr+)	4 oz	4 oz	8 oz
Choose 2: a)Milk/Fluid b)Meat/Meat Alt. c)Fruit/Veg c)Grain	Cheddar Cheese Sandwich Crackers	3	3	6	Oyster Crackers	1/4 C	1/4 C	1/2 C	Wheat Thins		5	10	Goldfish Crackers	1/4	1/4	1/2	Pita Crackers		4	8
									Club Crackers	4										

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(T.)=Tablespoon

*All juice served is 100% juice.

*If the lunch entrée includes meat, a soy butter or cheese sandwich will be substituted as a vegetarian option

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*seconds will be served upon child's request

Menu #4 for Week of _____

MONDAY					TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		
BREAKFAST:	Whole Milk (1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4 oz			Whole Milk(1yr)	4oz			Whole Milk (1yr)	4 oz		
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz
1.Milk/Fluid					Diced Pears	1/4 C	1/2 C	1/2C	Applesauce	1/4 C	1/2 C	1/2 C	Diced Peaches	1/4 C	1/2 C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C
2.Fruit/Veg					Whole Wheat English Muffin	1/2	1/2	1	Corn Chex	1/4 C	1/2C	3/4C	Crispix Cereal	1/4 C	1/2C	3/4C	Peach Muffin	1	1	1
3.Grain/Bread	Tropical Fruit	1/4 C	1/2 C	1/2 C																
	Rice Chex	1/4 C	1/2C	3/4C																
A.M. SNACK:	Whole Milk (1yr)	4oz			Apple Juice	4 oz	4 oz	6 oz	Orange Juice	4 oz	4 oz	6 oz	Cherry Juice	4 oz	4 oz	6 oz	Water	Unlimited		
	1% Milk (2yr+)	4 oz	4 oz	8 oz													Cottage Cheese	1/8 C	1/8C	1/4C
Choose 2:					Flatbread Crackers		6	12	Snack Mix	1/4C	1/4C	1/2C	Wheat Saltines	4	4	8	Wheat Pita	1/4pc	1/4pc	1/2pc
a)Milk/Fluid																				
b)Meat/Meat Alt.	Pretzel Rod		1	2																
c)Fruit/Veg	Club Crackers	4			Wheat Ritz	4														
d)Grain/Bread																				
LUNCH:	Whole Milk (1yr)	4oz			Whole Milk (1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk (1yr)	4oz		
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz
1.)Milk/Fluid					Chicken	4 pcs	7 pcs	10 pc	Chicken	4 pcs	7 pcs	10 pc	Beef & Noodles	1/2 C	3/4 C	1 C	Chicken Nuggets	3	4	5
2.)Meat/Meat Alt.	Mini Turkey Corn Dogs	3	5	6	Sloppy Joe	1/4 C	1/4 c	1/3 C	Shred. Cheese	1/8 C	1/8 C	1/4 C	Mashed Potato	1/4 C	1/4 C	1/2 C	Broccoli	1/4 C	1/4 C	1/2 C
3.)Fruit	Peas	1/4 C	1/4 C	1/2 C	Wheat Bun	1/2	1	1	Wheat Tortilla	1/4	1	1	Sliced Pears		1/4 C	1/2 C				
4.)Vegetable	Apple Slices (F)		1/4 C	1/2 C	Corn	1/4 C	1/4 C	1/2 C	Shred. Lettuce		1/4 C	1/2 C	Diced Pears	1/4 C			Pineapple	1/4 C	1/4 C	1/2 C
5.)Grain/Bread	Applesauce	1/4 C			Watermelon (F)	1/4 C	1/4 C	1/2 C	Peas	1/4 C			Bread & Butter	1/2pc	1/2pc	1 pc	Ketchup/BBQ			
Other	Ketchup								Canteloupe	1/4 C	1/4 C	1/2 C								
P.M. SNACK:	Apple Punch	4oz	4oz	6oz	Water	Unlimited			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz			Apple Punch	4 oz	4 oz	6 oz
					Honey Twist Pretzels		3	6	1% Milk (2yr+)	4 oz	4 oz	8 oz	1% Milk (2yr+)	4 oz	4 oz	8 oz	Garlic Cheese Breadstick	1/2	1/2	1
Choose 2:					Oyster Crackers	1/4 C			Italian Pasta Salad (Wh)	1/4 C	1/4 C	1/2 C	Garlic Naan Bread	1/8	1/8	1/4				
a)Milk/Fluid					Cheese Slice	1														
b)Meat/Meat Alt.	Goldfish	1/4 C	1/4 C	1/2 C	Cheese Cubes		4	7												
c)Fruit/Veg																				
d)Grain/Bread																				

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(T.)=Tablespoon

*If the lunch entrée includes meat, a soy butter or cheese sandwich will be substituted as a vegetarian option

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*seconds will be served upon child's request

Menu #5 for Week of

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs	
BREAKFAST:	Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz				Whole Milk(1yr)	4oz				Whole Milk(1yr)	4oz				Whole Milk(1yr)	4 oz			
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz		1% Milk (2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)	4 oz	6 oz	8 oz	
1.Milk/Fluid					Diced Pears	1/4C	1/2C	1/2C		Applesauce	1/4 C	1/2C	1/2C		Diced Pears	1/4C	1/2C	1/2C		Banana (F)	1/2	1	1	
2.Fruit/Veg	Wheat Bagel	1/4	1/4	1/2	Life Cereal	1/4 C	1/2C	3/4C		Blueberry Muffin	1	1	1		Multi-Grain Cheerios	1/4C	1/2C	3/4C		Biscuit	1/2	1/2	1	
3.Grain/Bread	Tropical Fruit	1/4 C	1/2C	1/2C																				
A.M. SNACK:	Apple Punch	4oz	4 oz	6 oz	Apple Juice	4oz	4oz	6oz		Apple Punch	4 oz	4 oz	6 oz		Cherry Juice	4oz	4 oz	6 oz		Whole Milk(1yr)	4oz			
																					1% Milk(2yr+)	4 oz	4 oz	8 oz
Choose 2:																								
a)Milk/Fluid										Wheat Ritz	4	4	8		Flips Crackers	4	4	8						
b)Meat/Meat Alt.	Wheat Saltines	4	4	8	Graham Crackers	1 rect.	1 rect.	2 rect.		Cheese Slice	1	1	2								Apple Slices	1/4C	1/2C	
c)Fruit/Veg																					Applesauce	1/4 C		
d)Grain/Bread																								
LUNCH:	Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz				Whole Milk(1yr)	4oz				Whole Milk(1yr)	4oz				Whole Milk(1yr)	4oz			
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz		1% Milk (2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)	4 oz	6 oz	8 oz		1% Milk(2yr+)	4 oz	6 oz	8 oz	
1.Milk/Fluid	Chicken	1/4 C	1/4 C	1/2 C						Taco Meat	1/4 C	1/4 C	1/3 C	Turkey Sandwich:										
2.Meat/Meat Alt.	Shred. Cheddar	1/8 C	1/8 C	1/4 C	Macaroni & Cheese	1/2 C	1/2 C	2/3 C		Shred. Cheddar	1/8 C	1/8 C	1/4 C	Turkey Slice	1 oz	1.5 oz	2 oz				Fish Nuggets	2	3	4
3.Fruit	Shred. Lettuce		1/2 C	1/2 C						Shred. Lettuce		1/2 C	1/2 C	Wheat Bread	1 pc	1 pc	2 pcs							
4.Vegetable	Peas	1/4 C								Green Beans	1/4 C			Celery Stick		1/4	1/2							
5.Grain/Bread	Fruit Cocktail	1/4 C	1/4 C	1/2 C	Peas & Carrots	1/4 C	1/4 C	1/2 C		Tortilla Chips		8	12	Soy Butter		1/2 T	1 T				Corn	1/4 C	1/4 C	1/2 C
Other	Grapes (F)		1/4 C	1/2 C						Wheat Tortilla	1/4C			Mixed Veggies	1/4 C						Pineapple	1/4 C	1/4 C	1/2 C
	Applesauce	1/4			Cantaloupe	1/4 C	1/4 C	1/2 C		Orange Slices (F)		1/4 C	1/2 C	Apple Slices (F)		1/4 C	1/2 C							
	Breadstick	1/2	1/2	1						Mand. Oranges	1/4 C			Applesauce	1/4 C									
	Ranch									Taco Sauce											Ketchup			
P.M. SNACK:	Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz				Whole Milk(1 yr)	4oz				Water	Unlimited				Apple Juice	4oz	4oz	6oz	
	1% Milk (2yr+)	4 oz	4 oz	8 oz	1% Milk (2yr+)	4 oz	4 oz	8 oz		1% Milk (2yr+)	4 oz	4 oz	8 oz											
Choose 2:																								
a)Milk/Fluid																								
b)Meat/Meat Alt.	Pineapple	1/2 C	1/2 C	3/4 C	Oyster Crackers	1/4 C	1/4 C	1/2 C		Goldfish Crackers	1/4 C	1/4 C	1/2 C	Strawberry Yogurt	1/4 C	1/4 C	1/2 C				Pita Crackers		4	8
c)Fruit/Veg														Diced Peaches	1/4 C	1/4 C	1/2 C				Wheat Saltines	4		
d)Grain/Bread																								

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(T.)=Tablespoon

*If the lunch entrée includes meat, a soy butter or cheese sandwich will be substituted as a vegetarian option

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*seconds will be served upon child's request

Menu #6 for Week of

MONDAY					TUESDAY					WEDNESDAY					THURSDAY					FRIDAY				
Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs	
BREAKFAST:	Whole Milk (1yr)	4oz			Whole Milk(1yr)	4 oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4 oz			Whole Milk(1yr)	4 oz		
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz
1.Milk/Fluid	Applesauce	1/4 C	1/2C	1/2 C	Fruit Salad	1/4 C	1/2C	1/2 C	Diced Pears	1/4 C	1/2C	1/2C	Pineapple	1/4 C	1/2C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C	Rice Krispies		1/2 C	3/4C
2.Fruit/Veg.	Cheerios	1/4 C	1/2C	3/4C	Banana Muffin	1	1	1	Crispix Cereal	1/4C	1/2C	3/4C	Cinna Bread	1/2pc	1/2pc	1 pc	Rice Chex	1/4 C						
3.Grain/Bread																								
A.M. SNACK:	Whole Milk (1yr)	4oz			Water	Unlimited			Apple Punch	4 oz	4 oz	6 oz	Apple Juice	4oz	4 oz	6 oz	Whole Milk(1yr)	4 oz			Whole Milk(1yr)	4 oz		
	1% Milk (2yr+)	4 oz	4 oz	8 oz	Vanilla Yogurt	1/4C	1/4C	1/2C	White Cheddar Cheez-Its	1/4 C	1/4 C	1/2 C	Wheat Saltines	4	4	8	1% Milk(2yr+)	4 oz	4 oz	8 oz	Oyster Crackers	1/4 C	1/4 C	1/2C
Choose 2:	Waffle Pretzels		1/4 C	1/2C	Diced Peaches	1/2C	1/2C	3/4C																
a)Milk/Fluid	Wheat Ritz	4																						
b)Meat/Meat Alt.																								
c)Fruit/Veg																								
d)Grain/Bread																								
LUNCH:	Whole Milk (1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz	6oz	8oz	Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz			Whole Milk(1yr)	4oz		
	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk (2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz	1% Milk(2yr+)	4 oz	6 oz	8 oz
1.Milk/Fluid	Chicken Wrap:				Wheat Bread	1 pc	1 pc	2 pcs	Chicken Pizza	1/2pc	1pc	1pc	Hamburger	1/4 C	1	1	Chicken Patty	1/4c	1	1	Wheat Bun	1/2	1	1
2.Meat/Meat Alt.	Chicken	4 pcs	7 pcs	10 pc	Soy Butter	1T	1T	2T	Mixed Veggies	1/4 C	1/4 C	1/2 C	Cheese Slice	1	1	1	Wheat Bun	1/2	1	1	Green Beans	1/4 C	1/4 C	1/2 C
3.Fruit	Shred. Cheddar	1/8 C	1/8 C	1/4 C	String Cheese		1	1	Cantaloupe	1/4 C	1/4 C	1/2 C	Wheat Bun	1/2	1	1	French Fries	1/4 C	1/4 C	1/2 C	Banana (F)	1/2	1/2	1
4.Vegetable	Wheat Tortilla	1/4 C	1	1	Cheese Slice	1							Watermelon(F)	1/4 C	1/4 C	1/2 C	Ketchup/BBQ							
5.Grain/Bread	Shred. Lettuce		1/4 C	1/2 C	Cucumber (F)		1/4 C	1/2 C																
Other	Peas	1/4C			Green Beans	1/4 C																		
	Fruit Cocktail	1/4 C	1/4 C	1/2 C	Apple Slices (F)		1/4C	1/2C																
	Ranch				Applesauce	1/4 C																		
P.M. SNACK:	Orange Juice	4oz	4oz	6oz	Whole Milk(1yr)	4 oz			Water	Unlimited			Whole Milk(1yr)	4oz			Apple Punch	4oz	4oz	6oz	Apple Punch	4oz	4oz	6oz
					1% Milk (2yr+)	4 oz	4 oz	8 oz					1% Milk (2yr+)	4 oz	4 oz	8 oz	Wheat Bread	1/2pc	1/2pc	1pc	Wheat Bread	1/2pc	1/2pc	1pc
Choose 2:	Wheat Thins		5	10	Garlic Naan	1/8pc	1/8pc	1/4pc	Club Crackers	4	4	8	Baby Carrots (F)		1/4 C	1/2 C	Jam							
a)Milk/Fluid									Cheese Cubes		4	7												
b)Meat/Meat Alt.	Club Crackers	4							Cheese Slice	1			Wheat Ritz	4										
c)Fruit/Veg																								
d)Grain/Bread																								

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(T.)=Tablespoon

*If the lunch entrée includes meat, a soy butter or cheese sandwich will be substituted as a vegetarian option

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*seconds will be served upon child's request

Menu #7 for Week of _____

MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
Food Item	1-2 yrs	3-5yrs		Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Whole Milk (1 yr)	4oz		Whole Milk (1 yr)	4oz			Whole Milk (1yr)	4oz			Whole Milk (1yr)	4 oz			Whole Milk (1 yr)	4oz		
	1% Milk (2 yr+)	4 oz	6oz	1% Milk (2 yr+)	4 oz	6 oz	8 oz	1% Milk (2 yr+)	4 oz	6 oz	8 oz	1% Milk (2 yr +)	4 oz	6 oz	8 oz	1% Milk (2 yr +)	4 oz	6 oz	8 oz
1.Milk/Fluid	Fruit Cocktail	1/4C	1/2 C	Multi-Grain Cheerios	1/4 C	1/2 C	3/4C	Sliced Pears		1/2 C	1/2 C	Pineapple	1/4 C	1/2 C	1/2 C	Sliced Peaches		1/2 C	1/2C
2.Fruit/Veg.	Cinnamon Bread	1/2pc	1/2pc	Tropical Fruit	1/4 C	1/2C	1/2C	Diced Pears	1/4 C			Wheat Bagel	1/4 bagel	1/4 bagel	1/2 bagel	Diced Peaches	1/4 C		
3.Grain								Life Cereal	1/4 C	1/2 C	3/4 C					Corn Chex Cereal	1/4 C	1/4 C	1/2C
A.M. SNACK:	Apple Juice	4oz	4 oz	Orange Juice	4oz	4 oz	6 oz	Whole Milk (1 yr)	4oz			Water	Unlimited			Apple Punch	4oz	4 oz	6 oz
	Waffle Pretzels		1/4 C	Oyster Crackers	1/4 C	1/4C	1/2C	1% Milk (2 yr+)	4 oz	4 oz	8 oz	Club Crackers	4	4	8	Flips Crackers	4	4	8
Choose 2:	Wheat Saltines	4						Apple Slices		1/4 C	1/2 C	Cheese Slice	1	1	2				
a)Milk/Fluid								Applesauce	1/4 C										
b)Meat/Meat Alt.																			
c)Fruit/Veg.																			
d)Grain																			
LUNCH:	Whole Milk (1 yr)	4oz		Whole Milk (1 yr)	4oz			Whole Milk (1 yr)	4oz			Whole Milk (1yr)	4oz			Whole Milk (1 yr)	4oz		
	1% Milk (2 yr+)	4 oz	6 oz	1% Milk (2 yr+)	4 oz	6 oz	8 oz	1% Milk (2 yr+)	4 oz	6 oz	8 oz	1% Milk (2 yr +)	4 oz	6 oz	8 oz	1% Milk (2 yr +)	4 oz	6 oz	8 oz
1.)Milk/Fluid	Hot Dog	1	1	Chicken Nuggets	3	4	5	Mini Turkey Corn Dogs	3	5	6	Fish Nuggets	2	3	4	Cheese Pizza	1/2 slice	1/2 slice	1 slice
2.)Meat/Meat Alt.	Wh. Bun	1/2 bun	1 bun	Corn	1/4 C	1/4 C	1/2 C	Mixed Veggies	1/4 C	1/4 C	1/2 C	Green Beans	1/4 C	1/4 C	1/2 C	Peas	1/4 C	1/4 C	1/2 C
3.)Fruit	Baked Beans	1/4 C	1/4 C	Applesauce	1/4 C	1/4 C	1/2 C	Mandarin Oranges	1/4 C	1/4 C	1/2 C	Fruit Cocktail	1/4 C	1/4 C	1/2 C	Diced Pears	1/4 C	1/4 C	1/2 C
4.)Vegetable	Diced Peaches	1/4 C	1/4 C	Ketchup/BBQ				Ketchup				Ketchup or Tartar Sauce							
5.)Grain/Bread Other	Ketchup/Mustard																		
P.M. SNACK:	Whole Milk (1 yr)	4oz		Whole Milk (1 yr)	4oz			Apple Punch	4oz	4oz	6oz	Whole Milk (1yr)	4oz			Whole Milk (1 yr)	4oz		
	1% Milk (2 yr+)	4 oz	4 oz	1% Milk (2 yr+)	4 oz	4 oz	8 oz					1% Milk (2 yr +)	4 oz	4 oz	8 oz	1% Milk (2 yr +)	4 oz	4 oz	8 oz
Choose 2:	Wh. Ritz Crackers	4	4	Baby Carrots		1/4 C	1/2 C	Wheat Saltines	4	4	8	Cheez-It Crackers	1/4 C	1/4 C	1/2 C	Soy Butter	1/2 T	1/2 T	1 T
a)Milk/Fluid				Club Crackers	4											Wheat Bread	1/2 slice	1/2 slice	1 slice
b)Meat/Meat Alt.				Ranch															
c)Fruit/Veg.																			
d)Grain																			

(F)= Fresh fruit or vegetable
(W)=Whole grain
(H)=Homemade
(T.)=Tablespoon

* All juice served is 100% juice.

*If the lunch entrée includes meat, a soy butter or

*Second servings will be given upon the child's request. cheese sandwich will be substituted as a vegetarian option.

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