


Menu # 3		Monday				Tuesday				Wednesday				Thursday				Friday			
		Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs	Food Item	1-2 yr	3-5 yr	6+ yrs.
Am Snack	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Clear Fruit Punch Juice Sub: Milk	4oz	6oz	8oz	CLOSED				Clear Mountain Berry Juice Sub: Milk	4oz	6oz	8oz	White Grape Juice Sub: Milk	4oz	6oz	8oz	Clear Tangerine Juice Sub : Milk	4oz	6oz	8oz
		Apple Cinnamon Muffin	1/2	1/2	1					String Cheese	1/2	1/2	1	Honey Wheat Pretzels	4	4	7	Goldfish	1/4c	1/4c	1/2c
										Sub: Ritz Crackers	4	4	7				Sub: Saltines	4	4	7	
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	WG French Toast Sticks	3	3	6					Breakfast Sliders CN	1/2	1/2	1	WG Assorted Cereal	1/2c	1/2c	3/4c	Biscuit w/Turkey Sausage CN	1/2	1/2	1
		Bananas	1/2	1/2	1					Apple Slices	4	4	7	Oranges	2	2	3	Bananas	1/2	1/2	1
		1% Milk Sub: Almond Milk	4oz	6oz	8oz					1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Hot Dogs CN	1/2	1/2	1					Chicken Drummies (CN)	3	4	5	Ham and Cheese Wraps	1/2	1/2	1	WG Macaroni and Cheese CN	1/2c	1/2c	3/4c
		WG Buns	1/2	1/2	1					WG Breadding				WG Tortilla	1/2	1/2	1				
		Green Beans	1/4c	1/4c	1/2c					Carrots	1/4c	1/4c	1/2c	Salad W/Ranch	1/4c	1/4c	1/2c	Broccoli Normandy	1/4c	1/4c	1/2c
		Peaches	1/4c	1/4c	1/2c	Pineapple	1/4c	1/4c	1/2c	Applesauce	1/4c	1/4c	1/2c	Fruit Cocktail	1/4c	1/4c	1/2c				
PM Snack	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	1% Milk Sub: Almond Milk	4oz	6oz	8oz					1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz
		Trail Mix	1/4c	1/4c	1/2c	CLOSED				Chex Mix	1/4c	1/4c	1/2c	Celery w/Peanut Butter	2	2	3	Ritz Crackers	4	4	7
	1% Milk Sub: Almond Milk	4oz	6oz	8oz									1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk	4oz	6oz	8oz	1% Milk Sub: Almond Milk

Menu Prepared By: Jennifer Varney

"The USDA is an equal opportunity provider and employer"



Key  
Allergy Substitutions are in *Italics*  
(CN)-Child Nutrition Labels