

Menu # 3		Monday				Tuesday				Wednesday				Thursday				Friday																		
		Food Item		1-2 y	3-5 y	6+ yrs	Food Item		1-2 y	3-5 y	6+ yrs	Food Item		1-2 y	3-5 y	6+ yrs	Food Item		1-2 y	3-5 y	6+ yrs.															
Am Snack	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	Fruit Punch Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Grape Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Orange Pineapple Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Apple Juice <i>Sub: Milk</i>	4oz	6oz	8oz	Clear Raspberry Juice <i>Sub : Milk</i>	4oz	6oz	8oz															
		Blueberry Muffin	1/2	1/2	1	String Cheese <i>Sub: Saltines</i>	1/2	1/2	1	4	4	7	Toasteds	4	4	7	Club Crackers	4	4	7	Honey Wheat Pretzels	4	4	7												
Breakfast	MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Breakfast Toast CN	1/2	1/2	1	WG Assorted Cereal (CN)	1/2c	1/2c	3/4c	Breakfast Sliders CN	1/2	1/2	1	WG Assorted Cereal (CN)	1/2c	1/2c	3/4c	Breakfast Pizza (CN)	1/2	1/2	1															
		Apple Slices 1% Milk <i>Sub: Almond Milk</i>	4	4	7	4oz	6oz	8oz	Bananas 1% Milk <i>Sub: Almond Milk</i>	1/2	1/2	1	4oz	6oz	8oz	Orange Slices 1% Milk <i>Sub: Almond Milk</i>	2	2	4	4oz	6oz	8oz	Apple Slices 1% Milk <i>Sub: Almond Milk</i>	4	4	7	4oz	6oz	8oz	Bananas 1% Milk <i>Sub: Almond Milk</i>	1/2	1/2	1	4oz	6oz	8oz
		Turkey Sausage Pizza CN	1/2	1/2	1	BBQ Meatballs	3	4	5	Chicken Sandwich	1/2	1/2	1	Turkey and Cheese Wrap	1/2	1/2	1	Sloppy Joe	1/2	1/2	1															
Lunch	MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	WG Crust				WG Roll				WG Bun				WG Tortilla				WG Bun																		
		Green Beans	1/4c	1/4c	1/2c	Mashed Potatoes	1/4c	1/4c	1/2c	Peas	1/4c	1/4c	1/2c	Salad W/Ranch	1/4c	1/4c	1/2c	Carrots	1/4c	1/4c	1/2c															
		Pears	1/4c	1/4c	1/2c	Mandarin Oranges	1/4c	1/4c	1/2c	Peaches	1/4c	1/4c	1/2c	Applesauce	1/4c	1/4c	1/2c	Pineapple	1/4c	1/4c	1/2c															
		1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz															
		Pub Mix	1/4c	1/4c	1/2c	Chex Mix	1/4c	1/4c	1/2c	Cheeze It Crackers	1/4c	1/4c	1/2c	Goldfish	1/4c	1/4c	1/2c	Chocolate Chip Muffiin Bar	1/2	1/2	1															
PM Snack	Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE	<i>Sub: Saltines</i>	4	4	7					<i>Sub: Saltines</i>	4	4	7	<i>Sub: Saltines</i>	4	4	7	Saltine	2	2	4															
		1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Milk</i>	4oz	6oz	8oz	1% Milk <i>Sub: Almond Mil k</i>	4oz	6oz	8oz															

Menu Prepared By: Jennifer Varney

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