

| 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 Peach Juice <i>Sub: Milk</i> | 4oz | 6oz | 8oz | Clear Cherry Juice <i>Sub: Milk</i> | 4oz | 6oz | 8oz | White Grape Juice <i>Sub: Milk</i> | 4oz | 6oz | 8oz | Clear Fruit Punch Juice <i>Sub: Milk</i> | 4oz | 6oz | 8oz | Strawberry Kiwi Juice <i>Sub : Milk</i> | 4oz | 6oz | 8oz |
| | | Banana Muffin | 1/2 | 1/2 | 1 | Toasteds | 4 | 4 | 7 | Club Crackers | 4 | 4 | 7 | Ritz Crackers | 4 | 4 | 7 | String Cheese | 1/2 | 1/2 | 1 |
| Breakfast | MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | Biscuits and Jelly | 1/2 | 1/2 | 1 | Rice Crispies | 3/4c | 3/4c | 1 1/4 | Pancake Sausage Bites | 2 | 3 | 4 | Toasted Oats | 1/2c | 1/2c | 1c | Peanut Butter Toast | 1/2 | 1/2 | 1 |
| | | Orange Slices | 2 | 2 | 4 | Banana | 1/2 | 1/2 | 1 | Apple Slices | 4 | 4 | 7 | Orange Slices | 2 | 2 | 4 | Banana | 1/2 | 1/2 | 1 |
| | | 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 |
| Lunch | MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER | PB&J | 1/2 | 1/2 | 1 | Pollock Fillet (CN) | 1 | 1 | 2 | Cheeseburger (CN) | 1/2 | 1/2 | 1 | Turkey or Roast Beef w/Cheese Sandwich | 1/2 | 1/2 | 1 | Hot Dogs (CN) | 1/2 | 1/2 | 1 |
| | | WG Bread | | | | WG Breading | | | | WG Bun | | | | WG Bread | | | | WG Bun | | | |
| | | Salad W/Ranch | 1/8c | 1/4c | 1/2c | Corn | 1/8c | 1/4c | 1/2c | Potato Rounds | 2 | 4 | 6 | Salad W/Ranch | 1/8c | 1/4c | 1/2c | Carrots | 1/8c | 1/4c | 1/2c |
| | | Applesauce | 1/8c | 1/4c | 1/4c | Pears | 1/8c | 1/4c | 1/4c | Pineapple | 1/8c | 1/4c | 1/4c | Applesauce | 1/8c | 1/4c | 1/4c | Fruit Cocktail | 1/8c | 1/4c | 1/4c |
| | | 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 |
| PM Snack | Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE | Chex Mix | 1/4c | 1/4c | 1/2c | Goldfish Crackers | 1/4c | 1/4c | 1/2c | Saltines | 4 | 4 | 7 | Cheez It Crackers | 1/4c | 1/4c | 1/2c | Trail Mix | 1/4c | 1/4c | 1/2c |
| | | 1% Milk <i>Sub: Almond Milk</i> | 4oz | 6oz | 8oz | <i>Sub: Pretzel</i> | 4 | 4 | 7 | | | | <i>Sub: Muffins</i> | 1/2 | 1/2 | 1 | 1% Milk <i>Sub: Almond Milk</i> | 4oz | 6oz | 8oz | |

Menu Prepared By: Jennifer Varney

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