

| 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    | Blue Raspberry Juice<br>Sub: Milk | 4oz    | 6oz    | 8oz    | Very Berry Juice<br>Sub: Milk | 4oz    | 6oz    | 8oz    | Strawberry Kiwi Juice<br>Sub: Milk | 4oz    | 6oz    | 8oz    | Orange Citrus Juice<br>Sub: Milk | 4oz    | 6oz    | 8oz    | White Cranberry Peach Juice<br>Sub : Milk | 4oz    | 6oz    | 8oz     |
|           |   | String Cheese                     | 1/2    | 1/2    | 1      | Ritz Crackers                 | 4      | 4      | 7      | Club Crackers                      | 4      | 4      | 7      | Toasteds                         | 4      | 4      | 7      | Cheez It Crackers                         | 1/4c   | 1/4c   | 1/2c    |
|           |   | Sub: Saltines                     | 4      | 4      | 7      |                               |        |        |        |                                    |        |        |        |                                  |        |        |        | Sub: Saltines                             | 4      | 4      | 7       |
| Breakfast | MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD                              | Chef's Choice Breakfast           | 1/2    | 1/2    | 1      | Assorted WG Cereal            | 1/2c   | 1/2c   | 3/4c   | Biscuit w/Jelly                    | 1/2    | 1/2    | 1      | Assorted WG Cereal               | 1/2c   | 1/2c   | 3/4c   | WG Cinnamon Toast                         | 1/2    | 1/2    | 1       |
|           |   | Oranges                           | 2      | 2      | 3      | Bananas                       | 1/2    | 1/2    | 1      | Apple Slices                       | 4      | 4      | 7      | Oranges                          | 2      | 2      | 3      | Bananas                                   | 1/2    | 1/2    | 1       |
|           |   | 1% Milk<br>Sub: Almond Milk       | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk   | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk        | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk      | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk               | 4oz    | 6oz    | 8oz     |
| Lunch     | MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER | Breaded Cheese Ravioli (CN)       | 3      | 4      | 5      | Fish Sandwich                 | 1/2    | 1/2    | 1      | Mini Chicken Tacos                 | 3      | 3      | 5      | PB&J WG (CN)                     | 1/2    | 1/2    | 1      | Asian Chicken Bites                       | 3      | 4      | 5       |
|           |   | Breading                          |        |        |        | WG Buns                       |        |        |        |                                    |        |        |        |                                  |        |        |        | Rice                                      | 1/4c   | 1/4c   | 1/2c    |
|           |   | Corn                              | 1/4c   | 1/4c   | 1/2c   | Broccoli Florets              | 1/4c   | 1/4c   | 1/2c   | Fiesta Corn and Bean               | 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   | Mandarin Oranges              | 1/4c   | 1/4c   | 1/2c   | Tropical Fruit Salad               | 1/4c   | 1/4c   | 1/2c   | Applesauce                       | 1/4c   | 1/4c   | 1/2c   | Pineapple                                 | 1/4c   | 1/4c   | 1/2c    |
|           |   | 1% Milk<br>Sub: Almond Milk       | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk   | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk        | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk      | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk               | 4oz    | 6oz    | 8oz     |
| PM Snack  | Choose2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT VEGETABLE    | Pub Mix                           | 1/4c   | 1/4c   | 1/2c   | Carrots w/Ranch               | 4      | 4      | 7      | Chex Mix                           | 1/4c   | 1/4c   | 1/2c   | Trail Mix                        | 1/4c   | 1/4c   | 1/2c   | Pretzel Sticks                            | 4      | 4      | 7       |
|           |   | 1% Milk<br>Sub: Almond Milk       | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk   | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk        | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk      | 4oz    | 6oz    | 8oz    | 1% Milk<br>Sub: Almond Milk               | 4oz    | 6oz    | 8oz     |

Menu Prepared By: Jennifer Varney

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