

*All meals served with condiments- chicken (BBQ sauce, Teriyaki sauce, Ketchup) French toast/Pancakes (syrup), Biscuits (jelly)

	Ages 3-5	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
Fruit / Vegetable	½ cup	Bananas	Oranges	Apples	Bananas	Oranges
Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit w jelly	Cereal
Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
Vegetable	¼ cup	Corn	Baby carrots	Broccoli	Corn	Broccoli
Fruit	¼ cup	Oranges	Apples	Oranges	Apples	Oranges
Grain	½ oz eq	Brown rice	W.G bread	W.G bread	Tortilla	W.G bread
Meat/ Meat Alternative	1 ½ oz	Ground Turkey bowl	Ground Turkey spaghetti	BBQ chicken	Potato and cheese tacos	Chicken tacos
Milk	½ cup	Water	Water	Water	Water	Water
Fruit	½ cup	Fruit Juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
Vegetable	½ cup					
Grain	½ oz eq	Ritz crackers	Graham crackers		Goldfish	Vanilla wafers
Meat / Meat Alternate	½ OZ			Mozzarella Sticks		
	Fruit / Vegetable Grain/Meat Milk Vegetable Fruit Grain Meat/Meat Alternative Milk Fruit Vegetable Grain Meat / Meat	Milk¾ cupFruit / Vegetable½ cupGrain/Meat½ oz eqMilk¾ cupVegetable¼ cupFruit¼ cupGrain½ oz eqMeat/ Meat1 ½ oz eqMilk½ cupFruit½ cupMilk½ cupFruit½ cupGrain½ cupGrain½ cupMilk½ cupFruit½ cupGrain½ oz eqMeat/ Meat½ oz eq	Milk¾ cupLow/ Fat- Free Milk 1%Fruit / Vegetable½ cupBananasGrain/Meat½ oz eqCerealMilk¾ cupLow/ Fat- Free Milk 1%Vegetable¼ cupCornFruit¼ cupOrangesGrain½ oz eqBrown riceMeat/ Meat1 ½ ozGround Turkey bowlAlternative1 ½ cupWaterFruit½ cupFruit JuiceVegetable½ cupRitz crackersMeat / Meat½ ozRitz crackers	Milk½ cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Fruit / Vegetable½ cupBananasOrangesGrain/Meat½ oz eqCerealCheese toastMilk¼ cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Vegetable¼ cupCornBaby carrotsFruit¼ cupOrangesApplesGrain½ oz eqBrown riceW.G breadMeat/ Meat1 ½ ozGround Turkey bowl AlternativeGround Turkey spaghettiMilk½ cupFruit JuiceFruit juiceVegetable½ cupRitz crackersGraham crackersMeat / Meat½ ozSozSoz	Milk% cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Fruit / Vegetable% cupBananasOrangesApplesGrain/Meat% oz eqCerealCheese toastPancakesMilk% cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Vegetable% cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Vegetable% cupCornBaby carrotsBroccoliFruit% cupOrangesApplesOrangesGrain% oz eqBrown riceW.G breadW.G breadMeat/ Meat Alternative1 % ozGround Turkey bowl spaghettiGround Turkey spaghettiBBQ chickenMilk% cupFruit JuiceFruit juiceFruit juiceFruit juiceVegetable% oz eqRitz crackersGraham crackersMozzarella Sticks	Milk½ cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Fruit / Vegetable½ cupBananasOrangesApplesBananasGrain/Meat½ oz eqCerealCheese toastPancakesBiscuit w jellyMilk¼ cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Vegetable¼ cupLow/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Low/ Fat- Free Milk 1%Vegetable¼ cupCornBaby carrotsBroccoliCornFruit¼ cupOrangesApplesOrangesApplesGrain½ oz eqBrown riceW.G breadW.G breadTortillaMeat/ Meat Alternative1 ½ ozGround Turkey bowl spaghettiGround Turkey spaghettiBBQ chicken tacosPotato and cheese tacosMilk½ cupWaterWaterWaterWaterWaterFruit½ cupFruit JuiceFruit juiceFruit juiceFruit juiceVegetable½ cupRitz crackersGraham crackersGoldfishMeat / Meat½ ozNozzarella SticksHozzarella Sticks



		Ages 3-5	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Bananas	Apples	Oranges	Bananas	Applesauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit with jelly	Cereal
	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
ch	Vegetable	¼ cup	Corn	Broccoli	Carrots	Corn	Carrots
Lunch	Fruit	¼ cup	Apples	Oranges	Apples	Oranges	Apples
	Grain	½ oz eq	W.G bread	Tortilla	W.G bread	W.G bread	Tortillas
	Meat/ Meat Alternative	1 ½ oz	Grilled chicken	Ground Turkey tacos	Ground turkey spaghetti	BBQ chicken	Chicken tacos
	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit juice	Fruit juice	Fruit juice	Fruit juice	Fruit juice
	Vegetable	½ cup					
Snack	Grain	½ oz eq	Ritz crackers		Graham crackers	Saltine crackers	Vanilla Wafers
	Meat / Meat Alternate	½ oz		Mozzarella Sticks			



		Ages 3-5	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Oreges	Bananas	Oranges	Bananas	Applesauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuit wit jelly	Cereal
	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
с,	Vegetable	¼ cup	Corn	Carrots	Broccoli	Carrots	Corn
Lunch	Fruit	¼ cup	Apples	Oranges	Apples	Oranges	Apples
	Grain	½ oz eq	W.G bread	W.G bread	Brown Rice	Brown Rice	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Ground Turkey Meatballs	Grilled chicken	Ground turkey tacos	Ground Turkey spaghetti	BBQ chicken
	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Snack	Vegetable	½ cup					
	Grain	½ oz eq	Saltine crackers	Ritz crackers	Graham crackers	Goldfish	
	Meat / Meat Alternate	½ oz					Mozzarella sticks



		Ages 3-5	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	Friday 31
Breakfast	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup	Apples sauce	Bananas	Oranges	Bananas	Apple sauce
	Grain/Meat	½ oz eq	Cereal	Cheese toast	Pancakes	Biscuits & jelly	Cereal
	Milk	¾ cup	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
ۍ ب	Vegetable	¼ cup	Broccoli	Carrots	Corn	Broccoli	Carrots
Lunch	Fruit	¼ cup	Oranges	Apple sauce	Apples	Oranges	Apples
	Grain	½ oz eq	Tortillas	W.G bread	Tortillas	W.G bread	W.G bread
	Meat/ Meat Alternative	1 ½ oz	Chicken tacos	Ground turkey spaghetti	Ground beef tacos	Grilled Chicken	Ground turkey meatballs
	Milk	½ cup	Water	Water	Water	Water	Water
Snack	Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
	Vegetable	½ cup					
	Grain	½ oz eq		Graham crackers	Saltine crackers	Goldfish	Vanilla Wafers
	Meat / Meat Alternate	½ oz	Mozzarella sticks				



		Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	¾ cup					
	Fruit / Vegetable	½ cup					
	Grain/Meat	½ oz eq					
	Milk	¾ cup					
Lunch	Vegetable	¼ cup					
ΓΠ	Fruit	¼ cup					
	Grain	½ oz eq					
	Meat/ Meat Alternative	1 ½ oz					
	Milk	½ cup					
	Fruit	½ cup					
Snack	Vegetable	½ cup					
	Grain	½ oz eq					
	Meat / Meat Alternate	½ oz					