

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

		Ages 3-5	Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7
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	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%
ch	Vegetable	¼ cup	Corn	Baby carrots	Broccoli	Corn	Broccoli
Lunch	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					
Snack	Grain	½ oz eq	Ritz crackers	Graham crackers		Goldfish	Saltine crackers
	Meat / Meat Alternate	½ oz			Mozzarella Sticks		



	Ages 3-5	Monday 10	Tuesday 11	Wednesday 12	Thursday 13	Friday 14
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%
Vegetable	¼ cup	Corn	Broccoli	Carrots	Corn	Carrots
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					
Grain	½ oz eq	Ritz crackers		Graham crackers	Saltine crackers	Ritz Crackers
Meat / Meat Alternate	½ oz		Mozzarella Sticks			
	Fruit / Vegetable  Grain/Meat  Milk  Vegetable  Fruit  Grain  Meat/ Meat  Alternative  Milk  Fruit  Vegetable  Grain  Meat / Meat	Milk ¾ cup  Fruit / ½ cup Vegetable  Grain/Meat ½ oz eq  Milk ¾ cup  Vegetable ¼ cup  Fruit ¼ cup  Grain ½ oz eq  Meat/ Meat Alternative  Milk ½ cup  Fruit ½ cup  Fruit ½ cup  Grain ½ oz eq  Meat/ Meat / ½ cup	Milk	Milk % cup Low/ Fat- Free Milk 1% Low/ Fat- Free Milk 1%  Fruit / Vegetable  Grain/Meat % oz eq Cereal Cheese toast  Milk % cup Low/ Fat- Free Milk 1% Low/ Fat- Free Milk 1%  Vegetable % cup Corn Broccoli  Fruit % cup Apples Oranges  Grain % oz eq W.G bread Tortilla  Meat/ Meat Alternative  Milk % cup Water Water  Fruit % cup Fruit juice Fruit juice  Vegetable % cup  Grain % oz eq Ritz crackers  Meat / Meat % oz eq Ritz crackers  Meat / Meat % oz Mozzarella Sticks	Milk       % cup       Low/ Fat- Free Milk 1%       Low/ Fat- Free Milk 1%       Low/ Fat- Free Milk 1%         Fruit / Vegetable       % cup       Bananas       Apples       Oranges         Grain/Meat       ½ oz eq       Cereal       Cheese toast       Pancakes         Milk       ¾ cup       Low/ Fat- Free Milk 1%       Low/ Fat- Free Milk 1%       Low/ Fat- Free Milk 1%         Vegetable       ¼ cup       Corn       Broccoli       Carrots         Fruit       ¼ cup       Apples       Oranges       Apples         Grain       ½ oz eq       W.G bread       Tortilla       W.G bread         Meat/ Meat Alternative       1 ½ oz       Grilled chicken       Ground Turkey tacos       Ground turkey spaghetti         Milk       ½ cup       Water       Water       Water         Fruit Juice       Fruit juice       Fruit juice         Vegetable       ½ cup       Fruit juice       Fruit juice         Grain       ½ oz eq       Ritz crackers       Graham crackers         Meat / Meat       ½ oz       Mozzarella Sticks	Milk       % cup       Low/ Fat- Free Milk 1%       Dranges       Bananas         Milk       ½ cup       Low/ Fat- Free Milk 1%       Low/ F



		Ages 3-5	Monday 17	Tuesday 18	Wednesday 19	Thursday 20	Friday 21
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	³⁄4 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%
- Fo	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	Tortilla	W.G Bread	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
	Vegetable	½ cup					
Snack	Grain	½ oz eq	Saltine crackers	Ritz crackers	Graham crackers	Goldfish	
	Meat / Meat Alternate	½ oz					Mozzarella sticks



		Ages 3-5	Monday 24	Tuesday 25	Wednesday 26	Thursday 27	Friday 28
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%
l S	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
	Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice	Fruit Juice
Snack	Vegetable	½ cup					
	Grain	½ oz eq		Graham crackers	Saltine crackers	Goldfish	Saltine cracker
	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					
Lui	Fruit	¼ cup					
	Grain	½ oz eq					
	Meat/ Meat Alternative	1 ½ oz					
	Milk	½ cup					
	Fruit	½ cup					
	Vegetable	½ cup					
Snack	Grain	½ oz eq					
	Meat / Meat Alternate	½ oz					