

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

		Ages 3-5	Monday	Tuesday	Wednesday	Thursday 1	Friday 2
Breakfast	Milk	¾ cup				Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
	Fruit / Vegetable	½ cup				Apples	Oranges
	Grain/Meat	½ oz eq				Bean Burrito	Cereal
	Milk	¾ cup				Low/ Fat- Free Milk 1%	Low/ Fat- Free Milk 1%
Lunch	Vegetable	¼ cup				Corn	Mix vegetables
Lu	Fruit	¼ cup				Cantaloupe	Oranges
	Grain	½ oz eq				Pitta bread	W.G bread
	Meat/ Meat Alternative	1 ½ oz				Cheese Pizza	Grilled chicken
	Milk	½ cup				Water	Water
	Fruit	½ cup				Blueberries	Fruit juice
	Vegetable	½ cup					
Snack	Grain	½ oz eq				Yogurt	Vanilla wafers
	Meat / Meat Alternate	½ OZ					



		Ages 3-5	Monday 5	Tuesday 6	Wednesday 7	Thursday 8	Friday 9
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	Cantaloupe
	Grain/Meat	½ oz eq	Cereal	Bean burrito	Pancakes	Yogurt	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%
ر ب ا	Vegetable	¼ cup	Corn	Cabbage	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	Ground Turkey tacos	Chicken enchiladas	Ground turkey sliders	Chicken Alfredo	Cheese Pizza
	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit juice	Fruit juice	Fruit juice		Strawberries
	Vegetable	½ cup				Tomato salsa	
Snack	Grain	½ oz eq	Cerely with Ritz cracker	Vanilla wafers	Muffins	Saltine crackers	Banana bread
	Meat / Meat Alternate	½ oz					





		Ages 3-5	Monday 12	Tuesday 13	Wednesday 14	Thursday 15	Friday 16
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	Oranges	Bananas	Cantaloupe	Bananas	Cantaloupe
	Grain/Meat	½ oz eq	Cereal	Oatmeal	Pancakes	Pizza bagel	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 Ch	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	Vanilla wafers	W toast w. jelly	Graham crackers	Cheese toast	Ritz crackers
	Meat / Meat Alternate	½ oz					



Breakfast		Ages 3-5	Monday 19	Tuesday 20	Wednesday 21	Thursday 22	Friday 23
	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	Strawberries	Bananas	Oranges	Apples	Blueberries
	Grain/Meat	½ oz eq	Cereal	French toast	Pancakes	Quesadilla	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%
Lunch	Vegetable	¼ cup	Broccoli	Carrots	Corn	Broccoli	Carrots
Lur	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	Cheese pizza	Ground turkey meatballs
	Milk	½ cup	Water	Water	Water	Water	Water
	Fruit	½ cup	Fruit Juice	Blueberries	Fruit Juice	Fruit Juice	Fruit Juice
Snack	Vegetable	½ cup					Cucumber w. lime juice
	Grain	½ oz eq	W. bread	Oatmeal	Ritz crackers	Bagel w. cream cheese	
	Meat / Meat Alternate	½ oz	Turkey ham and cheese		Cheese		



	Ages 3-5	Monday 26	Tuesday 27	Wednesday 28	Thursday 29	Friday 30
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	Oranges	Bananas	Strawberries	Apples	Oranges
Grain/Meat	½ oz eq	Cereal	Biscuits & jelly	Cheese toast	French toast	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	Corn	Mix vegetables	Broccoli
Fruit	¼ cup	Apples	Oranges	Oranges	Cantaloupe	Bananas
Grain	½ oz eq	Tortillas	W.G bread	W.G bread	W.G bread	W.G bread
Meat/ Meat Alternative	1 ½ oz	Ground beef tacos	Cheese pizza	Chicken Alfredo	Ground Turkey spaghetti	BBQ Chicken
Milk	½ cup	Water	Water	Water	Water	Water
Fruit	½ cup	Fruit Juice	Fruit Juice	Fruit juice		Fruit juice
Vegetable	½ cup				Hummus	Sweet potato fries
Grain	½ oz eq	Vanilla wafers	Yogurt w. granola	Pancake bites	Pitta bread	
Meat / Meat Alternate	½ oz					
	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 % cup Oranges Bananas Grain/Meat % oz eq Cereal Biscuits & jelly Milk % cup Low/ Fat- Free Milk 1% Low/ Fat- Free Milk 1% Vegetable % cup Corn Broccoli Fruit % cup Apples Oranges Grain % oz eq Tortillas W.G bread Meat/ Meat Alternative Milk % cup Water Fruit % cup Fruit Juice Fruit Juice Vegetable % cup Grain % oz eq Vanilla wafers Yogurt w. granola Meat / Meat % oz	Milk % cup Low/ Fat- Free Milk 1% Eruit / Yegetable Grain/Meat ½ oz eq Cereal Biscuits & jelly Cheese toast Milk % cup Low/ Fat- Free Milk 1% Corn Fruit ¼ cup Corn Broccoli Corn Fruit ¼ cup Apples Oranges Oranges Grain ½ oz eq Tortillas W.G bread W.G bread Meat/ Meat Alternative Ground beef tacos Cheese pizza Chicken Alfredo Milk ½ cup Water Water Water Fruit ½ cup Fruit Juice Fruit Juice Fruit juice Vegetable ½ cup Grain ½ oz eq Vanilla wafers Yogurt w. granola Pancake bites Meat / Meat ½ oz	Milk % cup Low/ Fat- Free Milk 1% Apples Fruit / Vegetable ½ cup Cereal Biscuits & jelly Cheese toast French toast Milk ½ cup Low/ Fat- Free Milk 1% Vegetable ½ cup Corn Broccoli Corn Mix vegetables Fruit ½ cup Apples Oranges Oranges Cantaloupe Grain ½ oz eq Tortillas W.G bread W.G bread W.G bread Meat/ Meat 1 ½ oz Ground beef tacos Cheese pizza Chicken Alfredo Ground Turkey spaghetti Milk ½ cup Water Water Water Fruit Juice Fruit Juice Fruit juice Vegetable ½ cup Hummus Grain ½ oz eq Vanilla wafers Yogurt w. granola Pancake bites Pitta bread