

Weekly Menu WEEK 1

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	oranges (1/4 / 1/2 orange)	banana (1/2 / 1 banana)	strawberries	applesauce	apple slices (2 slices / 4 slices)
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	cereal (1 c)	cinnamon toast (1/2 slice)	bagels (1/4 / 1/2)	biscuit (1/2) w/ gravy or jelly	cereal (1 c)
LUNCH	Milk	1/2 cup	3/4 cup	Breakfast	Tacos	Popcorn Chicken	Toasted Ravs	Mini Pizzas
	Fruit*	1/8 cup	1/4 cup	peaches	pears	cranberries	oranges (1/4 / 1/2 orange)	fruit cocktail
	Vegetable	1/8 cup	1/4 cup	tater tots (2 tots / 4 tots)	corn	mixed veggies	salad w/ ranch (1/4 c / 1/2 c)	broccoli tomato sauce
	Grain	1/2 oz eq	1/2 oz eq	toast (1/2 slice)	tortilla			english muffin (1/2 / 1)
	Meat/Meat Alternate	1 oz	1 1/2 oz	cheese omelet (1/2 / 1)	shredded beef / cheese (1/4 c / 3/8 c)	popcorn chicken (6 pieces / 9 pieces)	toasted ravs (2 pieces / 3 pieces)	shredded cheese (1/4 c / 3/8 c)
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	english muffin (1/2 / 1)	cheezits	vanilla wafers	goldfish	cereal bar (1/2 / 1)
	Meat/Meat Alternate	1/2 oz	1/2 oz	peanut butter (1 tbsp)				

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by a second vegetable.
oz eq = ounce equivalents

ALLERGIES:

Milk/Dairy

Egg

Soy

Peanut

Tree Nut

Wheat



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



spray butter
ketchup



**May contain traces:

Bread - milk, eggs, hazelnut

Hot dog bun - milk, almonds, hazelnuts, walnuts

Weekly Menu WEEK 2

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	peaches	oranges (1/4 / 1/2 orange)	apple (1/4 apple / 1/2 apple)	pears	banana (1/2 / 1 banana)
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	waffles (1/2)	cinnamon toast (1/2 slice)	english muffin (1/2)	biscuit (1/2) w/ gravy or jelly	cereal (1 c)
LUNCH	Milk	1/2 cup	3/4 cup	Chicken Sandwich	Mini Tacos	Hot Dogs	Tortellini	Bosco Sticks
	Fruit*	1/8 cup	1/4 cup	applesauce	cranberries	pineapple	peaches	fruit cocktail
	Vegetable	1/8 cup	1/4 cup	salad w/ ranch (1/4 c / 1/2 c)	carrots	tater tots (2 tots / 4 tots)	broccoli	mixed veggies
	Grain	1/2 oz eq	1/2 oz eq	hamburger bun (1/2 / 1)		hot dog bun (1/2 / 1)		
	Meat/Meat Alternate	1 oz	1 1/2 oz	chicken patty (1/2 / 1)	mini tacos (2 tacos / 3 tacos)	hot dog (1/2 / 1)	tortellini (1/3 c / 1/2 c)	bosco stick (1)
SNACK	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup					
	Fruit	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	crackers	vanilla wafers	goldfish	graham crackers	cheezits
	Meat/Meat Alternate	1/2 oz	1/2 oz	cheese slice				

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. * The fruit component at lunch may be substituted by a second vegetable.
oz eq = ounce equivalents

ALLERGIES:

Milk/Dairy

Egg

Soy

Peanut

Tree Nut

Wheat



Age 1 serve whole milk
Ages 2-18 serve 1% or fat-free



spray butter
ketchup



**May contain traces:

Bread - milk, eggs, hazelnut

Hot dog bun - milk, almonds, hazelnuts, walnuts