

Meal	December 28th				December 29th				December 30th				December 31st				January 1st			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz				
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce	1/4C	1/2C	1/2C	WW Mini Bagel	1	1	2	Cheerios WG	1/2C	1/2C	1C				
	Banana	1/2	1	1	Corn Muffin	1/2	1/2	1	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C				
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz				
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Diced Chicken	1oz	1.5oz	2oz	Turkey Dog	1	1	1 1/2	English Muffin	1/2	1/2	1	WG Elbow Pasta	1/4c	1/4c	1/2c				
	Brown Rice	1/4C	1/4C	1/2C	WW Roll	1/2	1/2	1	Cheese	1oz	1.5oz	2oz	Chicken Diced	1oz	1.5oz	2oz				
	Fruit Cocktail	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Lettuce	1/4C	1/2C	1C	Cheddar Sauce	cond	cond	cond				
	Peas	1/8C	1/4C	1/2C	Carrots	1/8C	1/4C	1/2C	Fruit Cocktail	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C				
P.M. SNACK:	Water				Water				Water				Water							
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Yogurt	1/4C	1/4C	1/2C	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1	Graham Cracker	1sheet	1sheet	2sheets				
	Carrot Sticks	6	6	9	Sun butter	1 TBL	1 TBL	2 TBL	Sliced Avocado	1/2C	1/2C	3/4C	Banana	1	1	1 1/2				

**Revised.12/23/2020

(F)= Fresh fruit or vegetable
 (WW)=Whole wheat
 (WG)=Whole grain
 (TBL)=Tablespoon
 (CN)= Child Nutrition
 (C)=Cup
 (Cond)= Condiment
 (SL) = Slices
 12-23 months Whole Milk (unflavored)
 24-60 months 1% Milk (unflavored)

This institution is an equal opportunity provider

*seconds will be served upon child's request

Meal	January 4th				January 5th				January 6th				January 7th				January 8th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	WW Mini Bagel Cream Cheese	1	1	2	Pancakes WG	1	1	2	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Cheerios WG	1/2C	1/2C	1C
	Peaches	1/4C	1/2C	1/2C	Pineapples	1/4C	1/2C	1/2C	Banana	1/2	1	1	Corn Muffin	1/2	1/2	1	Peaches	1/4C	1/2C	1/2C
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Chicken Meatball	2	2	3	Beef Crumble Pasta	1oz 1/4C	1.5oz 1/4C	2oz 1/2C	Turkey Gravy	3 SL Cond	4 SL Cond	5 SL Cond	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1	Beef Crumbles WW tortilla	1oz 1	1.5oz 1	2oz 2
	Brown Rice	1/4C	1/4C	1/2C	WW				Apple Slices	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Shredded Cheddar	Cond	Cond	Cond
	Pears	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Mashed Potato	1/8C	1/4C	1/2C					Pineapples	1/8C	1/4C	1/4C
	Peas	1/8C	1/4C	1/2C	Broccoli	1/8C	1/4C	1/2C	WG Bread	1/2SL	1/2SL	1SL	Mixed Veg	1/8C	1/4C	1/2C	Romaine lettuce	1/4C	1/2C	1C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1	Colby Jack String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WG Sweet Potato Cracker	1/2PK	1/2PK	1PK
	Sun butter	1 TBL	1 TBL	2 TBL	Apple	1/2	1/2	3/4	Wheat Cracker	8	8	16	Carrot Sticks	6	6	9	Orange	1	1	1 1/2
JUICE/FRUIT																				

**Revised.12/23/2020

(F)= Fresh fruit or vegetable
 (WW)=Whole wheat
 (WG)=Whole grain
 (TBL)=Tablespoon
 (CN)= Child Nutrition
 (C)=Cup
 (Cond)= Condiment
 (SL) = Slices

12-23 months Whole Milk (unflavored)
 24-60 months 1% Milk (unflavored)

This institution is an equal opportunity provider

*seconds will be served upon child's request


Meal	January 11th				January 12th				January 13th				January 14th				January 15th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce	1/4C	1/2C	1/2C	WW Mini Bagel	1	1	2	Pancakes WG	1	1	2	Cheerios WG	1/2C	1/2C	1C
	Banana	1/2	1	1	Egg patty	1	1	1	Cream Cheese				Pears	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	WG				WG Elbow Pasta	1/4c	1/4c	1/2c	Turkey Dog	1	1	1 1/2	English Muffin	1/2	1/2	1	Turkey Sausage	1	1.5	2
	Chicken Nugget	3	5	5	Chicken Diced	1oz	1.5oz	2oz	WW Roll	1/2	1/2	1	Cheese	1oz	1.5oz	2oz	WG Mini Bagel	1	1	1
	CN				Cheddar Sauce	cond	cond	cond	Applesauce	1/8C	1/4C	1/4C	Lettuce	1/4C	1/2C	1C	Pineapple	1/8C	1/4C	1/4C
	Pineapple	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Sweet Potato Fries	3	5	10	Peaches	1/8C	1/4C	1/4C	Hash Brown	1 1/2	1	2
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	Colby Jack	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WG Sweet Potato	1/2PK	1/2PK	1PK	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1
	String Cheese				Carrot Sticks	6	6	9	Cracker				Sun butter	1 TBL	1 TBL	2 TBL	Apple	1/2	1/2	3/4
Wheat Cracker	8	8	16					Orange	1	1	1 1/2									

**Revised. 12/23/2020

(F)= Fresh fruit or vegetable
(WW)=Whole wheat
(WG)=Whole grain
(TBL)=Tablespoon
(CN)= Child Nutrition
(C)=Cup
(Cond)= Condiment
(SL) = Slices
12-23 months Whole Milk (unflavored)
24-60 months 1% Milk (unflavored)

This institution is an equal opportunity provider

*seconds will be served upon child's request

Meal	January 18th				January 19th				January 20th				January 21st				January 22nd			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:					Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD					Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce Egg patty	1/4C	1/2C	1/2C	Cheerios WG	1/2C	1/2C	1C	Pancakes WG	1	1	2
LUNCH:					Peaches	1/2	1	1	Corn Muffin	1/2	1/2	1	Peaches	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER					Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
					Chicken Meatball	2	2	3	Beef Crumble Pasta WW	1oz	1.5oz	2oz	Turkey Gravy	3 SL Cond	4 SL Cond	5 SL Cond	Turkey Ham WW Roll	1oz	1.5oz	2oz
					Brown Rice	1/4C	1/4C	1/2C	Fruit Cocktail	1/8C	1/4C	1/4C	Apple Slices Mashed Potato	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C
					Pineapple	1/8C	1/4C	1/4C	Peas	1/8C	1/4C	1/2C	WG Bread	1/2SL	1/2SL	1SL	Mixed Veg	1/8C	1/4C	1/2C
P.M. SNACK:					Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD					Colby Jack String Cheese	1/2	1/2	1	Corn loaf	1/2	1/2	1	WG Sweet Potato Cracker	1/2PK	1/2PK	1PK	WG Biscuit	1/2	1/2	1
JUICE/FRUIT					Wheat Cracker	8	8	16	Apple	1/2	1/2	3/4	Orange	1	1	1 1/2	Sun butter	1 TBL	1 TBL	2 TBL

**Revised.12/23/2020

(F)= Fresh fruit or vegetable
 (WW)=Whole wheat
 (WG)=Whole grain
 (TBL)=Tablespoon
 (CN)= Child Nutrition
 (C)=Cup
 (Cond)= Condiment
 (SL) = Slices
 12-23 months Whole Milk (unflavored)
 24-60 months 1% Milk (unflavored)

This institution is an equal opportunity provider

*seconds will be served upon child's request

Meal	January 25th				January 26th				January 27th				January 28th				January 29th			
	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs	Food Item	1-2 yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cheerios WG	1/2C	1/2C	1C	Pancakes WG	1	1	2	WW Mini Bagel Cream Cheese	1	1	2	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce	1/4C	1/2C	1/2C
	Peaches	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C	Banana	1/2	1	1	Peaches	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Beef Crumbles	1oz	1.5oz	2oz	WG Chicken Nugget	3	5	5	WG Elbow Pasta	1/4c	1/4c	1/2c	Turkey Dog	1	1	1 1/2	English Muffin	1/2	1/2	1
	WW tortilla	1	1	2	CN				Chicken Diced	1oz	1.5oz	2oz	WW Roll	1/2	1/2	1	Cheese	1oz	1.5oz	2oz
	Shredded Cheddar	Cond	Cond	Cond	Pineapple	1/8C	1/4C	1/4C	Cheddar Sauce	cond	cond	cond	Applesauce	1/8C	1/4C	1/4C	Lettuce	1/4C	1/2C	1C
	Pears	1/8C	1/4C	1/4C	Green Beans	1/8C	1/4C	1/2C	Pears	1/8C	1/4C	1/4C	Tomato Soup	cond	cond	cond				
	Romaine lettuce	1/4C	1/2C	1C	Water				Broccoli	1/8C	1/4C	1/2C	Sweet Potato Fries	3	5	10				
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD	Yogurt	1/4C	1/4C	1/2C	Colby Jack String Cheese	1/2	1/2	1	Corn loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1	WG Sweet Potato Cracker	1/2PK	1/2PK	1PK
JUICE/FRUIT	Carrot Sticks	6	6	9	Wheat Cracker	8	8	16	Apple	1/2	1/2	3/4	Sun butter	1 TBL	1 TBL	2 TBL	Orange	1	1	1 1/2

**Revised.12/23/2020

(F)= Fresh fruit or vegetable
 (WW)=Whole wheat
 (WG)=Whole grain
 (TBL)=Tablespoon
 (CN)= Child Nutrition
 (C)=Cup
 (Cond)= Condiment
 (SL) = Slices
 12-23 months Whole Milk (unflavored)
 24-60 months 1% Milk (unflavored)

This institution is an equal opportunity provider

*seconds will be served upon child's request