



Menu for Week of : January 28th

2019

Meal	January 28th				January 29th				January 30th				January 31st				February 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
<b>BREAKFAST:</b>  MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	WW Bagel				Corn Flakes	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	Cheerios	1/2C	1/2C	1C	Rice Crispy	3/4C	3/4C	1 1/4C
	Mini Cream Cheese Mandarin Orange	1	1	2	Peaches	1/4C	1/2C	1/2C	Sunbutter	1TBL	1TBL	2TBL	Banana	1/2	1/2	1	Pineapple	1/4C	1/2C	1/2C
		1/4C	1/2C	1/2C		1/4C	1/2C	1/2C		1TBL	1TBL	2TBL		1/2	1/2	1		1/4C	1/2C	1/2C
<b>LUNCH:</b>  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 WG	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Beef Crumbles CN	1oz	1.5oz	2oz	Turkey Ham WW Roll	1oz	1.5oz	2oz	Diced Turkey Brown Rice WG	1oz	1.5oz	2oz	Chicken Nugget CN	3	5	5	Fish CN Tacos WW Tortilla Cheese	2	3	4
	Pasta WW Sauce	1/4C	1/4C	1/2C	Pears	1/8C	1/4C	1/4C	Mixed Fruit	1/8C	1/4C	1/4C	Applesauce	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C
	Peaches	1/8C	1/4C	1/4C		1/8C	1/4C	1/4C		1/8C	1/4C	1/4C		1/8C	1/4C	1/4C		1/8C	1/4C	1/4C
	Broccoli	1/8C	1/4C	1/2C	Mixed Veg	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	Lettuce	1/8C	1/4C	1/2C
<b>P.M. SNACK:</b> CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Water				Water				Water				Water				Water			
	Sunbutter	1TBL	1TBL	2TBL	WW Cracker	4	4	8	Yogurt Mandarin Oranges	1/4C	1/4C	1/2C	WW Tortilla	1/2	1/2	1	Pretzels mini	10	10	20
	WW Pita	1/2	1/2	1	Banana	1	1	1 1/2		1/2C	1/2C	3/4C	String Cheese 1oz stick	1/2	1/2	1	Applesauce	1/2C	1/2C	3/4C

(F)= Fresh fruit or vegetable  
(W)=Whole grain  
(H)=Homemade  
(C)=Cup  
12-23 months Whole Milk  
24-60 months 1% Milk

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Meal	February 4th				February 5th				February 6th				February 7th				February 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
<b>BREAKFAST:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD</b>	Apple Slices	1/4C	1/2C	1/2C	Cheerios	1/2C	1/2C	1C	Rice Crispy	3/4C	3/4C	1 1/4C	Bagel mini WW Cream Cheese	1	1	2	Corn Flakes	1/2C	1/2C	1C
	Sunbutter	1TBL	1TBL	2TBL	Banana	1/2	1/2	1	Pineapple	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C
<b>LUNCH:</b>	Milk	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER</b>	Turkey Dog WW Roll	1 1/2	1 1/2	1 1/2 1	English Muffin Pizza Cheese Sauce	1/2 1oz	1/2 1.5oz	1 2oz	Mac&Cheese Chicken Diced	1/2C	3/4C	1C	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1	Pierogis CN mini original Applesauce	6 2 1/8C	9 2 1/4C	12 3 1/4C
	Pineapple	1/8C	1/4C	1/4C	Mixed Fruit	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Green Beans	1/8C	1/4C	1/2C
	Carrots	1/8C	1/4C	1/2C	Mix Veg	1/8C	1/4C	1/2C	Broccoli	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Water			
<b>P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT</b>	Water				Water				Water				Water				Water			
	WW Cracker	4	4	8	WW Tortilla	1/2	1/2	1	Low Fat Van Yogurt	1/4C	1/4C	1/2C	Sunbutter	1TBL	1TBL	2TBL	Pretzels mini	10	10	20
	Banana	1	1	1 1/2	String Cheese 1oz stick	1/2	1/2	1	Peaches	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1	String Cheese 1oz stick	1/2	1/2	1

(F)= Fresh fruit or vegetable  
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(C)=Cup  
12-23 months Whole Milk  
24-60 months 1% Milk

\* Pierogis note: Sysco schools have mini/ Novick schools have original

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Menu for Week of : February 11th

2019

Meal	February 11th				February 12th				February 13th				February 14th				February 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
<b>BREAKFAST:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Corn Flakes	1/2C	1/2C	1C	WW Bagel				Cheerios	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	Rice Crispy	3/4C	3/4C	1 1/4C
	Peaches	1/4C	1/2C	1/2C	Mini Cream Cheese Mandarin Orange	1/4C	1/2C	1/2C	Banana	1/2	1/2	1	Sunbutter	1 TBL	1 TBL	2 TBL	Pineapple	1/4C	1/2C	1/2C
<b>LUNCH:</b>	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 diced	1oz	1.5oz	2	Beef Crumbles	1oz	1.5oz	2oz	Turkey Ham	1oz	1.5oz	2oz	Diced Turkey	1oz	1.5oz	2oz	Chicken Nugget	3	5	5
	Quesadilla	1/2	1/2	1	CN				WW Roll	1/2	1/2	1	Brown Rice WG	1/4	1/4	1/2	CN			
	WW				Pasta WW	1/4C	1/4C	1/2C	Sauce				Mixed Fruit	1/8C	1/4C	1/4C	Applesauce	1/8C	1/4C	1/4C
	Pineapple	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Corn	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Water				Water				Water				Water				Water			
	Yogurt	1/4C	1/4C	1/2C	WW Cracker	4	4	8	Sunbutter	1TBL	1TBL	2TBL	Pretzels mini	10	10	20	WW Tortilla	1/2	1/2	1
	Mandarin Oranges	1/2C	1/2C	3/4C	Banana	1	1	1 1/2	WW Pita	1/2	1/2	1	Applesauce	1/2C	1/2C	3/4C	String Cheese	1/2	1/2	1

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Menu for Week of : February 18th

2019

Meal	February 18th				February 19th				February 20th				February 21st				February 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
<b>BREAKFAST:</b>	<div style="text-align: center;"> <p><b>We're Closed</b></p>  <p><b>HAPPY PRESIDENTS DAY</b></p>  </div>				Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD					Corn Flakes	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	Rice Crispy	3/4C	3/4C	1 1/4C	Bagel mini WW Cream Cheese	1	1	2
					Peaches	1/4C	1/2C	1/2C	Sunbutter	1TBL	1TBL	2TBL	Pineapple	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C
<b>LUNCH:</b>					Milk	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER					Turkey Dog WW Roll	1 1/2	1 1/2	1	English Muffin Pizza Cheese Sauce	1/2 1oz	1/2 1.5oz	1 2oz	Mac&Cheese Chicken Diced	1/2C	3/4C	1C	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1
					Pineapple	1/8C	1/4C	1/4C	Mixed Fruit Mix Veg	1/8C 1/8C	1/4C 1/4C	1/4C 1/2C	Pears	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C
<b>P.M. SNACK:</b>	Carrots	1/8C	1/4C	1/2C	Water				Broccoli	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C				
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	WW Tortilla	1/2	1/2	1	Water				Water				Water							
JUICE/FRUIT	String Cheese 1oz stick	1/2	1/2	1	WW Cracker	4	4	8	Low Fat Van Yogurt	1/4C	1/4C	1/2C	Sunbutter	1TBL	1TBL	2TBL				
					Banana	1	1	1 1/2	Peaches	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1				

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 24-60 months 1% Milk

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Menu for Week of : February 25th

2019

Meal	February 25th				February 26th				February 27th				February 28th				March 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
<b>BREAKFAST:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD</b>	Cheerios	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	WW Bagel				Corn Flakes	1/2C	1/2C	1C	Rice Crispy	3/4C	3/4C	1 1/4C
	Banana	1/2	1/2	1	Sunbutter	1TBL	1TBL	2TBL	Mini Cream Cheese Mandarin Orange	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C
<b>LUNCH:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER</b>	Pierogis CN mini original	6	9	12	Chicken diced Quesadilla WW	1oz 1/2	1.5oz 1/2	2 1	Beef Crumbles CN Pasta WW	1oz 1/4C	1.5oz 1/4C	2oz 1/2C	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1	Diced Turkey Brown Rice WG	1oz 1/4	1.5oz 1/4	2oz 1/2
	Applesauce	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Sauce Peaches	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Mixed Fruit	1/8C	1/4C	1/4C
	Green Beans	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C	Broccoli	1/8C	1/4C	1/2C	Mixed Veg	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C
<b>P.M. SNACK:</b>	Water				Water				Water				Water				Water			
<b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD</b>	Pretzels mini	10	10	20	WW Cracker	4	4	8	WW Tortilla	1/2	1/2	1	Sunbutter	1TBL	1TBL	2TBL	Yogurt Mandarin Oranges	1/4C	1/4C	1/2C
<b>JUICE/FRUIT</b>	String Cheese 1 oz stick	1/2	1/2	1	Banana	1	1	1 1/2	Applesauce	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1				

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