

Menu for Week of: April 2nd

Meal	April 2nd				April 3rd				April 4th				April 5th				April 6th			
	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	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Rice Crispy	1/4C	1/3C	3/4C	Apple Slices	1/4C	1/2C	3/4C	Cheerios	1/4C	1/3C	3/4C	WW Bagel	1	1	2	Corn Flakes	1/4C	1/3C	3/4C
	Banana	1/2	1/2	1	Sunbutter	1 TBL	1 TBL	2 TBL	Pineapple	1/4C	1/2C	1/2C	Mini Cream Cheese Mandarin Orange	1/8C	1/4C	3/4C	Peaches	1/4C	1/2C	1/2C
AM SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Saltine Cracker Water	3	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk WG	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	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	Chicken Nugget CN	3	5	5	Fish CN Tacos WW Tortilla	1oz 1/2	1.5oz 1/2	2 1	Turkey Dog WW Roll	1/2 1/4C	1 1/4C	1 1/2C
	Pears	1/8C	1/4C	3/8C	Mixed Fruit	1/8C	1/4C	3/8C	Applesauce	1/8C	1/4C	3/8C	Cheese Peaches	1/8C	1/4C	3/8C	Pineapple	1/8C	1/4C	3/8C
	Mixed Veg	1/8C	1/4C	3/8C	Corn	1/8C	1/4C	3/8C	Green Beans	1/8C	1/4C	3/8C	Lettuce	1/8C	1/4C	3/8C	Carrots	1/8C	1/4C	3/8C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	String Cheese	1/2	1/2	1	Yogurt Mandarin Oranges	1/4C	1/4C	1/2C	WW Tortilla	1/2	1/2	1	Pretzel Mini	10	10	20	WW Cracker	4	4	8
	Pretzels Mini	10	10	20					Sunbutter	1 TBL	1 TBL	2 TBL	Applesauce	1/2C	1/2C	3/4C	Banana	1	1	1 1/2

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

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Menu for Week of: April 9th

Meal	April 9th				April 10th				April 11th				April 12th				April 13th			
	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	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Apple Slices	1/4c	1/2C	1/2C	Rice Crispy	1/4C	1/3C	3/4C	Bagel mini WW Cream Cheese	1	1	2	Corn Flakes	1/4C	1/3C	1/3C	Apple Slices	1/4C	1/2C	3/4C
	Sunbutter	1Tbs	1Tbs	2Tbs	Pineapple	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	Sunbutter	1TBL	1TBL	2TBL
AM SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Saltine Cracker Water	3	3	5	Graham Cracker Water	1 Sheet	1 sheet	2 sheets	Pretzel	10	10	20
LUNCH:	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	English Muffin	1/2	1/2	1	Mac&Cheese	1/2c	3/4c	1c	Fish Sticks CN WW Bread	2	3	4	Pierogis CN	6	9	12	Chicken diced	1oz	1.5oz	2
	Pizza Cheese Sauce	1oz	1.5oz	2oz	Chicken Diced					1/2	1/2	1					Quesadilla WW	1/2	1/2	1
	Fruit Cocktail	1/8C	1/4C	3/8C	Peaches	1/8C	1/4C	3/8C	Apple Slices	1/8C	1/4C	3/8C	Applesauce	1/8C	1/4C	3/8C	Pineapple	1/8C	1/4C	3/4C
	Mix Veg	1/8C	1/4C	3/8C	Broccoli	1/8C	1/4C	3/8C	Corn	1/8C	1/4C	3/8C	Green Beans	1/8C	1/4C	3/8C	Peas	1/8C	1/4C	3/8C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	WW Crackers	4	4	8	WW cracker	4	4	8	Sunbutter	1TBL	1TBL	2TBL	Pretzels mini	10	10	20	WW Cracker	4	4	8
	String Cheese	1/2	1/2	1	Banana	1	1	1 1/2	WW Pita	1/2	1/2	1	String Cheese	1/2	1/2	1	Banana	1	1	1 1/2
	1oz stick												1oz stick							

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(C)=Cup
12-23 months Whole Milk
24-60 months 1% Milk

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Menu for Week of: April 16th

Meal	April 16th				April 17th				April 18th				April 19th				April 20th			
	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	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cheerios	1/4C	1/3C	3/4C	Rice Crispy	1/4C	1/3C	3/4C	Apple Slices	1/4C	1/2C	3/4C	Cheerios	1/4C	1/3C	3/4C	Milk WW Bagel			
	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	Mini Cream Cheese Mandarin Orange	1	1	2
AM SNACK	Cheese-it	15	15	29	Animal Cracker	4	4	8	Saltine Cracker	3	3	5	Graham Cracker	1 Sheet	1 Sheet	2 Sheet	Pretzel	10	10	20
	Water				Water				Water				Water				Water			
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	Turkey Ham	1oz	1.5oz	2oz	Diced Turkey	1oz	1.5oz	2oz	WG Chicken Nugget	3	5	5	Fish CN Tacos	1oz	1.5oz	2
	CN				WW Roll	1/2	1/2	1	Brown Rice W	1/4	1/4	1/2	CN				WW Tortilla	1/2	1/2	1
	Pasta WW	1/4C	1/4C	1/2C	Pears	1/8C	1/4C	3/8C	Mixed Fruit	1/8C	1/4C	3/8C	Applesauce	1/8C	1/4C	3/8C	Cheese			
	Sauce	1/8C	1/4C	3/8C	Mixed Veg	1/8C	1/4C	3/8C	Corn	1/8C	1/4C	3/8C	Green Beans	1/8C	1/4C	3/8C	Peaches	1/8C	1/4C	3/8C
P.M. SNACK:	Water				Water				Water				Water				Water			
	WW Tortilla	1/2	1/2	1	String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WW Tortilla	1/2	1/2	1	Pretzel Mini	10	10	20
MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Applesauce	1/2C	1/2C	3/4C	Pretzels Mini	10	10	20	Mandarin	1/2C	1/2C	3/4C	Sunbutter	1TBL	1TBL	2TBL	Applesauce	1/2C	1/2C	3/4C

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(W)=Whole grain
(H)=Homemade
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24-60 months 1% Milk

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Menu for Week of: April 23rd

Meal	April 23rd				April 24th				April 25th				April 26th				April 27th			
	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	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Corn Flakes	1/4C	1/3C	3/4C	Apple Slices	1/4c	1/2C	1/2C	Rice Crispy	1/4C	1/3C	3/4C	Bagel mini WW Cream Cheese	1	1	2	Corn Flakes	1/4C	1/3C	1/3C
	Peaches	1/4C	1/2C	1/2C	Sunbutter	1Tbs	1Tbs	2Tbs	Pineapple	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C
AM SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Saltine Cracker Water	3	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20
LUNCH:	Milk	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW Mac&Cheese Chicken Diced	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	Turkey Dog WW Roll	1/2 1/4C	1 1/4C	1 1/2C	English Muffin Pizza Cheese Sauce	1/2 1oz	1/2 1.5oz	1 2oz		1/2c 3/4c	1c		Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1	Pierogis CN	6	9	12
	Pineapple	1/8C	1/4C	3/8C	Fruit Cocktail	1/8C	1/4C	3/8C	Peaches	1/8C	1/4C	3/8C	Apple Slices	1/8C	1/4C	3/8C	Applesauce	1/8C	1/4C	3/8C
	Carrots	1/8C	1/4C	3/8C	Mix Veg	1/8C	1/4C	3/8C	Broccoli	1/8C	1/4C	3/8C	Corn	1/8C	1/4C	3/8C	Green Beans	1/8C	1/4C	3/8C
	Water				Water				Water				Water				Water			
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	WW Cracker	4	4	8	WW Crackers	4	4	8	WW cracker	4	4	8	Sunbutter	1TBL	1TBL	2TBL	Pretzels mini	10	10	20
	Banana	1	1	1 1/2	String Cheese 1oz stick	1/2	1/2	1	Banana	1	1	1 1/2	WW Pita	1/2	1/2	1	String Cheese 1oz stick	1/2	1/2	1

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Menu for Week of: April 30th

Meal	April 30th				May 1st				May 2nd				May 3rd				May 4th			
	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	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Apple Slices	1/4C	1/2C	3/4C	Cheerios	1/4C	1/3C	3/4C	Rice Crispy	1/4C	1/3C	3/4C	Apple Slices	1/4C	1/2C	3/4C	Cheerios	1/4C	1/3C	3/4C
	Sunbutter	1TBL	1TBL	2TBL	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
AM SNACK	Cheese-it Water	15	15	29	Animal Cracker Water	4	4	8	Saltine Cracker Water	3	3	5	Graham Cracker Water	1	1	2	Pretzel Water	10	10	20
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 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				Pears	1/8C	1/4C	3/8C	Mixed Fruit	1/8C	1/4C	3/8C
	Pineapple	1/8C	1/4C	3/4C	Peaches	1/8C	1/4C	3/8C	Broccoli	1/8C	1/4C	3/8C	Mixed Veg	1/8C	1/4C	3/8C	Corn	1/8C	1/4C	3/8C
	Peas	1/8C	1/4C	3/8C	Water				String Cheese	1/2	1/2	1	Water				Water			
P.M. SNACK:	Water				WW Tortilla	1/2	1/2	1	String Cheese	1/2	1/2	1	Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	WW Cracker	4	4	8	Applesauce	1/2C	1/2C	3/4C	Pretzels Mini	10	10	20	Yogurt	1/4C	1/4C	1/2C	WW Tortilla	1/2	1/2	1
	Banana	1	1	1 1/2									Mandarin Oranges	1/2C	1/2C	3/4C	Sunbutter	1 TBL	1 TBL	2 TBL

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