

| Meal   | March 29th                 |         |        |        | March 30th                                       |                     |                       |                     | March 31st                 |          |          |            | April 1st                 |              |              |            | April 2nd                       |           |           |           |
|--|----------------------------|---------|--------|--------|--|---------------------|-----------------------|---------------------|----------------------------|----------|----------|------------|---------------------------|--------------|--------------|------------|---------------------------------|-----------|-----------|-----------|
|  | 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          | 6oz        | Milk                            | 4oz       | 6oz       | 8oz       |
| <b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD</b>                               | Pancakes WG                | 1       | 1      | 2      | Rice Krispy                                      | 3/4C                | 3/4C                  | 1 1/4C              | WW Mini Bagel Cream Cheese | 1        | 1        | 2          | Cheerios WG               | 1/2C         | 1/2C         | 1C         | Applesauce Egg patty            | 1/4C<br>1 | 1/2C<br>1 | 1/2C<br>1 |
|  | Pineapple                  | 1/4C    | 1/2C   | 1/2C   | Banana   | 1/2                 | 1                     | 1                   | Pears                      | 1/4C     | 1/2C     | 1/2C       | Peaches                   | 1/4C         | 1/2C         | 1/2C       | Corn Muffin                     | 1/2       | 1/2       | 1         |
| <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> | WG<br>Chicken Nugget<br>CN | 3       | 5      | 5      | WG Elbow Pasta<br>Chicken Diced<br>Cheddar Sauce | 1/4C<br>1oz<br>Cond | 1/4C<br>1.5oz<br>Cond | 1/2C<br>2oz<br>Cond | Turkey Dog<br>WW Roll      | 1<br>1/2 | 1<br>1/2 | 1 1/2<br>1 | English Muffin<br>Cheese  | 1/2<br>1oz   | 1/2<br>1.5oz | 1<br>2oz   | Turkey Sausage<br>WG Mini Bagel | 1<br>1    | 1.5<br>1  | 2<br>1    |
|  | Fruit Cocktail             | 1/8C    | 1/4C   | 1/4C   | Peaches  | 1/8C                | 1/4C                  | 1/4C                | Applesauce                 | 1/8C     | 1/4C     | 1/4C       | Lettuce<br>Fruit Cocktail | 1/4C<br>1/8C | 1/2C<br>1/4C | 1C<br>1/4C | Pineapple                       | 1/8C      | 1/4C      | 1/4C      |
|  | Green Beans                | 1/8C    | 1/4C   | 1/2C   | Broccoli   | 1/8C                | 1/4C                  | 1/2C                | Sweet Potato Fries         | 3        | 5        | 10         | Tomato Soup               | Cond         | Cond         | Cond       | Hash Brown                      | 1 1/2     | 1         | 2         |
| <b>P.M. SNACK:</b>   | Water                      |         |        |        | Water  |                     |                       |                     | Water                      |          |          |            | Water                     |              |              |            | Water                           |           |           |           |
| <b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD</b>                          | Corn loaf                  | 1/2     | 1/2    | 1      | String Cheese                                    | 1/2                 | 1/2                   | 1                   | WG Veggie Cracker          | 1/2PK    | 1/2PK    | 1 PK       | WG Biscuit                | 1/2          | 1/2          | 1          | Yogurt                          | 1/4C      | 1/4C      | 1/2C      |
| <b>JUICE/FRUIT</b>   | Apple                      | 1/2     | 1/2    | 3/4    | Wheat Cracker                                    | 8                   | 8                     | 16                  | Orange                     | 1        | 1        | 1 1/2      | Sun butter                | 1 TBL        | 1 TBL        | 2 TBL      | Carrot Sticks                   | 6         | 6         | 9         |

(WW)=Whole wheat  
(WG)=Whole grain  
(TBL)=Tablespoon  
(CN)= Child Nutrition  
(PK)= Packet  
(C)=Cup  
(Cond)= Condiment  
(SL) = Slices

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

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| Meal   | April 5th                  |          |          |        | April 6th                      |           |           |           | April 7th                   |             |               |             | April 8th                     |              |              |              | April 9th             |            |              |          |
|--|----------------------------|----------|----------|--------|--------------------------------|-----------|-----------|-----------|-----------------------------|-------------|---------------|-------------|-------------------------------|--------------|--------------|--------------|-----------------------|------------|--------------|----------|
|  | 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      | 6oz    | 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 WG                | 1/2C     | 1/2C     | 1C     | Pancakes WG                    | 1         | 1         | 2         | Applesauce Egg patty        | 1/4C<br>1   | 1/2C<br>1     | 1/2C<br>1   | WW Mini Bagel Cream Cheese    | 1            | 1            | 2            | Rice Krispy           | 3/4C       | 3/4C         | 1 1/4C   |
|  | Banana                     | 1/4C     | 1/2C     | 1/2C   | Pineapple                      | 1/4C      | 1/2C      | 1/2C      | Corn Muffin                 | 1/2         | 1/2           | 1           | Pears                         | 1/4C         | 1/2C         | 1/2C         | Peaches               | 1/2        | 1            | 1        |
| <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>     | Fish Sticks CN<br>WW Bread | 2<br>1/2 | 3<br>1/2 | 4<br>1 | Chicken Meatball<br>Brown Rice | 2<br>1/4C | 2<br>1/4C | 3<br>1/2C | Beef Crumble<br>Pasta<br>WW | 1oz<br>1/4C | 1.5oz<br>1/4C | 2oz<br>1/2C | Turkey Gravy                  | 3 SL<br>Cond | 4 SL<br>Cond | 5 SL<br>Cond | Turkey Ham<br>WW Roll | 1oz<br>1/2 | 1.5oz<br>1/2 | 2oz<br>1 |
|  | Peaches                    | 1/8C     | 1/4C     | 1/4C   | Pears                          | 1/8C      | 1/4C      | 1/4C      | Fruit Cocktail              | 1/8C        | 1/4C          | 1/4C        | Apple Slices<br>Mashed Potato | 1/8C<br>1/8C | 1/4C<br>1/4C | 1/4C<br>1/2C | Pineapple             | 1/8C       | 1/4C         | 1/4C     |
|  | Corn                       | 1/8C     | 1/4C     | 1/2C   | Broccoli                       | 1/8C      | 1/4C      | 1/2C      | Peas                        | 1/8C        | 1/4C          | 1/2C        | WG Bread                      | 1/2SL        | 1/2SL        | 1SL          | Mixed Veg             | 1/8C       | 1/4C         | 1/2C     |
| <b>P.M. SNACK:<br/>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT</b> | Water                      |          |          |        | Water                          |           |           |           | Water                       |             |               |             | Water                         |              |              |              | Water                 |            |              |          |
|  | Yogurt                     | 1/4C     | 1/4C     | 1/2C   | Corn loaf                      | 1/2       | 1/2       | 1         | WG Biscuit                  | 1/2         | 1/2           | 1           | String Cheese                 | 1/2          | 1/2          | 1            | WG Veggie Cracker     | 1/2PK      | 1/2PK        | 1 PK     |
|  | Carrot Sticks              | 6        | 6        | 9      | Apple                          | 1/2       | 1/2       | 3/4       | Sun butter                  | 1 TBL       | 1 TBL         | 2 TBL       | Wheat Cracker                 | 8            | 8            | 16           | Orange                | 1          | 1            | 1 1/2    |

(WW)=Whole wheat  
(WG)=Whole grain  
(TBL)=Tablespoon  
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12-23 months Whole Milk (unflavored)  
24-60 months 1% Milk (unflavored)

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| Meal  | April 12th                                       |                  |                    |                  | April 13th                 |         |        |        | April 14th                                       |                     |                       |                     | April 15th            |           |           |            | April 16th               |              |              |            |
|---|--|------------------|--------------------|------------------|----------------------------|---------|--------|--------|--|---------------------|-----------------------|---------------------|-----------------------|-----------|-----------|------------|--------------------------|--------------|--------------|------------|
|   | 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>                                  | Rice Krispy                                      | 3/4C             | 3/4C               | 1 1/4C           | WW Mini Bagel Cream Cheese | 1       | 1      | 2      | Pancakes WG                                      | 1                   | 1                     | 2                   | Applesauce Egg patty  | 1/4C<br>1 | 1/2C<br>1 | 1/2C<br>1  | Cheerios WG              | 1/2C         | 1/2C         | 1C         |
|   | Banana   | 1/2              | 1                  | 1                | Pears                      | 1/4C    | 1/2C   | 1/2C   | Pineapple  | 1/4C                | 1/2C                  | 1/2C                | Corn Muffin           | 1/2       | 1/2       | 1          | Peaches                  | 1/4C         | 1/2C         | 1/2C       |
| <b>LUNCH:</b>   | Milk   | 4oz              | 6oz                | 8oz              | Milk WG                    | 4oz     | 6oz    | 8oz    | Milk   | 4oz                 | 6oz                   | 8oz                 | Milk                  | 4oz       | 6oz       | 8oz        | Milk WW                  | 4oz          | 6oz          | 8oz        |
| <b>MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER</b>    | Beef Crumbles<br>WW tortilla<br>Shredded Cheddar | 1oz<br>1<br>Cond | 1.5oz<br>1<br>Cond | 2oz<br>2<br>Cond | Chicken Nugget<br>CN       | 3       | 5      | 5      | WG Elbow Pasta<br>Chicken Diced<br>Cheddar Sauce | 1/4C<br>1oz<br>Cond | 1/4C<br>1.5oz<br>Cond | 1/2C<br>2oz<br>Cond | Turkey Dog<br>WW Roll | 1<br>1/2  | 1<br>1/2  | 1 1/2<br>1 | English Muffin<br>Cheese | 1/2<br>1oz   | 1/2<br>1.5oz | 1<br>2oz   |
|   | Peaches  | 1/8C             | 1/4C               | 1/4C             | Fruit Cocktail             | 1/8C    | 1/4C   | 1/4C   | Apple Slices                                     | 1/8C                | 1/4C                  | 1/4C                | Pears                 | 1/8C      | 1/4C      | 1/4C       | Lettuce<br>Pineapple     | 1/4C<br>1/8C | 1/2C<br>1/4C | 1C<br>1/4C |
|   | Romaine lettuce                                  | 1/4C             | 1/2C               | 1C               | Green Beans                | 1/8C    | 1/4C   | 1/2C   | Broccoli   | 1/8C                | 1/4C                  | 1/2C                | Sweet Potato Fries    | 3         | 5         | 10         | Tomato Soup              | Cond         | Cond         | Cond       |
| <b>P.M. SNACK:<br/>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT</b> | Water  |                  |                    |                  | Water                      |         |        |        | Water  |                     |                       |                     | Water                 |           |           |            | Water                    |              |              |            |
|   | String Cheese                                    | 1/2              | 1/2                | 1                | Corn loaf                  | 1/2     | 1/2    | 1      | WG Biscuit                                       | 1/2                 | 1/2                   | 1                   | Yogurt                | 1/4C      | 1/4C      | 1/2C       | WG Veggie Cracker        | 1/2PK        | 1/2PK        | 1 PK       |
|   | Wheat Cracker                                    | 8                | 8                  | 16               | Apple                      | 1/2     | 1/2    | 3/4    | Sun butter                                       | 1 TBL               | 1 TBL                 | 2 TBL               | Carrot Sticks         | 6         | 6         | 9          | Orange                   | 1            | 1            | 1 1/2      |

(WW)=Whole wheat  
(WG)=Whole grain  
(TBL)=Tablespoon  
(CN)= Child Nutrition  
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(SL) = Slices  
12-23 months Whole Milk (unflavored)  
24-60 months 1% Milk (unflavored)

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Menu for Week of : April 19th

2021

| Meal   | April 19th     |         |        |        | April 20th        |         |        |        | April 21st       |         |        |        | April 22nd    |         |        |        | April 23rd    |         |        |        |
|--|----------------|---------|--------|--------|-------------------|---------|--------|--------|------------------|---------|--------|--------|---------------|---------|--------|--------|---------------|---------|--------|--------|
|  | 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>                               | Applesauce     | 1/4C    | 1/2C   | 1/2C   | Cheerios WG       | 1/2C    | 1/2C   | 1C     | Rice Krispy      | 3/4C    | 3/4C   | 1 1/4C | Pancakes WG   | 1       | 1      | 2      | WW Mini Bagel | 1       | 1      | 2      |
|  | Egg patty      | 1       | 1      | 1      |                   |         |        |        |                  |         |        |        |               |         |        |        | Cream Cheese  |         |        |        |
|  | Corn Muffin    | 1/2     | 1/2    | 1      | Peaches           | 1/4C    | 1/2C   | 1/2C   | Banana           | 1/2     | 1      | 1      | Pineapple     | 1/4C    | 1/2C   | 1/2C   | Pears         | 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> | Turkey Sausage | 1       | 1.5    | 2      | Fish Sticks CN    | 2       | 3      | 4      | Chicken Meatball | 2       | 2      | 3      | Beef Crumble  | 1oz     | 1.5oz  | 2oz    | Turkey Gravy  | 3 SL    | 4 SL   | 5 SL   |
|  | WG Mini Bagel  | 1       | 1      | 1      | WW Bread          | 1/2     | 1/2    | 1      | Brown Rice       | 1/4C    | 1/4C   | 1/2C   | Pasta         | 1/4C    | 1/4C   | 1/2C   |               |         |        |        |
|  | Pineapple      | 1/8C    | 1/4C   | 1/4C   | Fruit Cocktail    | 1/8C    | 1/4C   | 1/4C   | Applesauce       | 1/8C    | 1/4C   | 1/4C   | WW            |         |        |        | Apple Slices  | 1/8C    | 1/4C   | 1/4C   |
|  | Hash Brown     | 1 1/2   | 1      | 2      | Corn              | 1/8C    | 1/4C   | 1/2C   | Peas             | 1/8C    | 1/4C   | 1/2C   | Peaches       | 1/8C    | 1/4C   | 1/4C   | Mashed Potato | 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 JUICE/FRUIT</b>              | WG Biscuit     | 1/2     | 1/2    | 1      | WG Veggie Cracker | 1/2PK   | 1/2PK  | 1 PK   | Corn loaf        | 1/2     | 1/2    | 1      | Yogurt        | 1/4C    | 1/4C   | 1/2C   | String Cheese | 1/2     | 1/2    | 1      |
|  | Sun butter     | 1 TBL   | 1 TBL  | 2 TBL  | Orange            | 1       | 1      | 1 1/2  | Apple            | 1/2     | 1/2    | 3/4    | Carrot Sticks | 6       | 6      | 9      | Wheat Cracker | 8       | 8      | 16     |

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

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| Meal   | April 26th                 |            |              |          | April 27th                                 |                  |                    |                  | April 28th        |         |        |        | April 29th                                 |                     |                       |                     | April 30th         |          |          |            |
|--|----------------------------|------------|--------------|----------|--|------------------|--------------------|------------------|-------------------|---------|--------|--------|--|---------------------|-----------------------|---------------------|--------------------|----------|----------|------------|
|  | 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    | 6oz    | Milk                                       | 4oz                 | 6oz                   | 8oz                 | Milk               | 4oz      | 6oz      | 8oz        |
| <b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD</b>                               | WW Mini Bagel Cream Cheese | 1          | 1            | 2        | Applesauce Egg patty                       | 1/4C<br>1        | 1/2C<br>1          | 1/2C<br>1        | Cheerios WG       | 1/2C    | 1/2C   | 1C     | Rice Krispy                                | 3/4C                | 3/4C                  | 11/4C               | Pancakes WG        | 1        | 1        | 2          |
|  | Pears                      | 1/4C       | 1/2C         | 1/2C     | Corn Muffin                                | 1/2              | 1/2                | 1                | Banana            | 1/2     | 1      | 1      | Peaches                                    | 1/2                 | 1                     | 1                   | Pineapple          | 1/4C     | 1/2C     | 1/2C       |
| <b>LUNCH:</b>  | Milk                       | 4oz        | 6oz          | 8oz      | Milk                                       | 4oz              | 6oz                | 8oz              | Milk WG           | 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 Ham WW Roll         | 1oz<br>1/2 | 1.5oz<br>1/2 | 2oz<br>1 | Beef Crumbles WW tortilla Shredded Cheddar | 1oz<br>1<br>Cond | 1.5oz<br>1<br>Cond | 2oz<br>2<br>Cond | Chicken Nugget CN | 3       | 5      | 5      | WG Elbow Pasta Chicken Diced Cheddar Sauce | 1/4C<br>1oz<br>Cond | 1/4C<br>1.5oz<br>Cond | 1/2C<br>2oz<br>Cond | Turkey Dog WW Roll | 1<br>1/2 | 1<br>1/2 | 1 1/2<br>1 |
|  | Peaches                    | 1/8C       | 1/4C         | 1/4C     | Pineapples                                 | 1/8C             | 1/4C               | 1/4C             | Fruit Cocktail    | 1/8C    | 1/4C   | 1/4C   | Pears                                      | 1/8C                | 1/4C                  | 1/4C                | Applesauce         | 1/8C     | 1/4C     | 1/4C       |
|  | Mixed Veg                  | 1/8C       | 1/4C         | 1/2C     | Romaine lettuce                            | 1/4C             | 1/2C               | 1C               | Green Beans       | 1/8C    | 1/4C   | 1/2C   | Broccoli                                   | 1/8C                | 1/4C                  | 1/2C                | Sweet Potato Fries | 3        | 5        | 10         |
|  | <b>P.M. SNACK:</b>         | Water      |              |          | Water                                      |                  |                    |                  | Water             |         |        |        | Water                                      |                     |                       |                     | Water              |          |          |            |
| <b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT</b>              | WG Veggie Cracker          | 1/2PK      | 1/2PK        | 1 PK     | Yogurt                                     | 1/4C             | 1/4C               | 1/2C             | String Cheese     | 1/2     | 1/2    | 1      | Corn loaf                                  | 1/2                 | 1/2                   | 1                   | WG Biscuit         | 1/2      | 1/2      | 1          |
|  | Orange                     | 1          | 1            | 1 1/2    | 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      |

(WW)=Whole wheat  
(WG)=Whole grain  
(TBL)=Tablespoon  
(CN)= Child Nutrition  
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(C)=Cup  
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