

Meal	April 29th				April 30th				May 1st				May 2nd				May 3rd				
	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>	WW Bagel				Rice Crispy	3/4C	3/4C	1 1/4C	Apple Slices	1/4C	1/2C	1/2C	Corn Flakes	1/2C	1/2C	1C	Cheerios	1/2C	1/2C	1C	
	Mini Cream Cheese Mandarin Orange	1	1	2	Pineapple	1/4C	1/2C	1/2C	Sunbutter	1TBL	1TBL	2TBL	Peaches	1/4C	1/2C	1/2C	Banana	1/2	1/2	1	
		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>	Chicken diced Quesadilla WW	1oz 1/2	1.5oz 1/2	2 1	Beef Crumbles CN	1oz	1.5oz	2oz	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	
	Pineapple	1/8C	1/4C	1/4C	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													
	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	Green Beans	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>	Pretzels mini	10	10	20	Sunbutter	1TBL	1TBL	2TBL	WW Cracker	4	4	8	Pretzels mini	10	10	20	WW Tortilla	1/2	1/2	1	
									Banana	1	1	1 1/2	Applesauce	1/2C	1/2C	3/4C	String Cheese 1oz stick	1/2	1/2	1	
	String Cheese 1oz stick	1/2	1/2	1	WW Pita	1/2	1/2	1													

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

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

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Meal	May 13th				May 14th				May 15th				May 16th				May 17th			
	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	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD</b>	WW Bagel				Corn Flakes	1/2C	1/2C	1C	Rice Crispy	3/4C	3/4C	1 1/4C	Cheerios	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C
	Mini Cream Cheese Mandarin Orange	1	1	2	Pears	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C	Banana	1/2	1/2	1	Sunbutter	1TBL	1TBL	2TBL
		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	Beef Crumbles CN	1oz	1.5oz	2oz	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
	Mixed Fruit	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Pasta WW Sauce	1/4C	1/4C	1/2C	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 JUICE/FRUIT</b>	Sunbutter	1TBL	1TBL	2TBL	Low Fat Van Yogurt Mandarin Oranges	1/4C	1/4C	1/2C	WW Cracker	4	4	8	Sunbutter	1TBL	1TBL	2TBL	WW Tortilla	1/2	1/2	1
	WW Pita	1/2	1/2	1		1/2C	1/2C	3/4C	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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 24-60 months 1% Milk

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

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Menu for Week of : May 20th

2019

Meal	May 20th				May 21st				May 22nd				May 23rd				May 24th			
	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>	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
	Pears	1/4C	1/2C	1/2C	Mini Cream Cheese Mandarin Orange	1/4C	1/2C	1/2C	Banana	1/2	1/2	1	Sunbutter	1TBL	1TBL	2TBL	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>	WG				Fish CN Tacos	2	3	4	Turkey Dog	1	1	1 1/2	English Muffin	1/2	1/2	1	Mac&Cheese	1/2C	3/4C	1C
	Chicken Nugget	3	5	5	WW Tortilla	1/2	1/2	1	WW Roll	1/2	1/2	1	Pizza Cheese Sauce	1oz	1.5oz	2oz	Chicken Diced			
	Applesauce	1/8C	1/4C	1/4C	Cheese				Pineapple	1/8C	1/4C	1/4C	Mixed Fruit	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C
	Green Beans	1/8C	1/4C	1/2C	Mixed Fruit	1/8C	1/4C	1/4C	Carrots	1/8C	1/4C	1/2C	Mix Veg	1/8C	1/4C	1/2C	Broccoli	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>	WW Tortilla	1/2	1/2	1	Sunbutter	1TBL	1TBL	2TBL	Low Fat Van Yogurt	1/4C	1/4C	1/2C	WW Cracker	4	4	8	Pretzels mini	10	10	20
	String Cheese 1oz stick	1/2	1/2	1	WW Pita	1/2	1/2	1	Peaches	1/2C	1/2C	3/4C	Banana	1	1	1 1/2	Applesauce	1/2C	1/2C	3/4C

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Meal	May 27th				May 28th				May 29th				May 30th				May 31st						
	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			
					Cheerios	1/2C	1/2C	1C	Corn Flakes	1/2C	1/2C	1C	Rice Crispy	3/4C	3/4C	1 1/4C	WW Bagel						
					Banana	1/2	1/2	1	Pears	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C	Mini Cream Cheese Mandarin Orange	1	1	2			
<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	4oz	6oz	8oz			
					Pierogis CN mini original	6	9	12	Chicken diced Quesadilla WW	1oz 1/2	1.5oz 1/2	2 1	Beef Crumbles CN	1oz	1.5oz	2oz	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1			
					Apple Slices	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Pasta WW Sauce	1/4C	1/4C	1/2C	Pears	1/8C	1/4C	1/4C			
<b>P.M. SNACK:</b>  CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	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							
	Water				Water				Water				Water										
	WW Tortilla	1/2	1/2	1	Pretzels mini	10	10	20	Low Fat Van Yogurt	1/4C	1/4C	1/2C	Sunbutter	1TBL	1TBL	2TBL							
	String Cheese 1oz stick	1/2	1/2	1	Applesauce	1/2C	1/2C	3/4C	Peaches	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1							

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