



Menu for Week of : July 2nd

2018

Meal	July 2nd				July 3rd				July 4th				July 5th				July 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
<b>BREAKFAST:</b>	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>	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
	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
<b>LUNCH:</b>	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	1oz	1.5oz	2	Beef Crumbles	1oz	1.5oz	2oz					Turkey Ham	1oz	1.5oz	2oz	Diced Turkey	1oz	1.5oz	2oz
	Quesadilla	1/2	1/2	1	CN	1/4C	1/4C	1/2C					WW Roll	1/2	1/2	1	Brown Rice WG	1/4	1/4	1/2
	WW	1/8C	1/4C	3/4C	Pasta WW	1/8C	1/4C	3/8C	Pears	1/8C	1/4C	3/8C	Mixed Fruit	1/8C	1/4C	3/8C				
	Pineapple	1/8C	1/4C	3/8C	Sauce	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	Broccoli	1/8C	1/4C	3/8C	Water				Water							
<b>P.M. SNACK:</b>	Water				Water				String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C				
<b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD</b>	WW Cracker	4	4	8	WW Tortilla	1/2	1/2	1	Pretzels Mini	10	10	20	Mandarin Oranges	1/2C	1/2C	3/4C				
<b>JUICE/FRUIT</b>	Banana	1	1	1 1/2	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

This institution is an equal opportunity employer

\*seconds will be served upon child's request



Menu for Week of : July 9th

2018

Meal	July 9th				July 10th				July 11th				July 12th				July 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
<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	1/4C	1/3C	3/4C	WW Bagel				Corn Flakes	1/4C	1/3C	3/4C	Apple Slices	1/4c	1/2C	1/2C	Rice Crispy	1/4C	1/3C	3/4C
	Pineapple	1/4C	1/2C	1/2C	Mini Cream Cheese Mandarin Orange	1/8 C	1/4C	3/4C	Peaches	1/4C	1/2C	1/2C	Sunbutter	1Tbs	1Tbs	2Tbs	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	1oz	1.5oz	2	Turkey Dog	1/2	1	1	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	1/4C	1/4C	1/2C	Pizza Cheese Sauce	1oz	1.5oz	2oz	Chicken Diced			
	Applesauce	1/8C	1/4C	3/8C	Cheese				Pineapple	1/8C	1/4C	3/8C	Fruit Cocktail	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C
	Green Beans	1/8C	1/4C	3/8C	Peaches	1/8C	1/4C	3/8C	Carrots	1/8C	1/4C	3/8C	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</b>	WW Tortilla	1/2	1/2	1	Pretzel Mini	10	10	20	WW Cracker	4	4	8	WW Tortilla	1/2	1/2	1	Low Fat Van Yogurt	1/4C	1/4C	1/2C
<b>JUICE/FRUIT</b>	Sunbutter	1 TBL	1 TBL	2 TBL	Applesauce	1/2C	1/2C	3/4C	Banana	1	1	1 1/2	String Cheese 1oz stick	1/2	1/2	1	Peaches	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

This institution is an equal opportunity employer

\*seconds will be served upon child's request



Menu for Week of : July 16th

2018

Meal	July 16th				July 17th				July 18th				July 19th				July 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
<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>	Bagel mini WW Cream Cheese	1	1	2	Corn Flakes	1/4C	1/3C	1/3C	Apple Slices	1/4C	1/2C	3/4C	Cheerios	1/4C	1/3C	3/4C	Rice Crispy	1/4C	1/3C	3/4C
	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	Sunbutter	1TBL	1TBL	2TBL	Pineapple	1/4C	1/2C	1/2C	Mandarin			
<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 WW Bread	2 1/2	3 1/2	4 1	Pierogis CN	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	3/8C	Applesauce	1/8C	1/4C	3/8C	Pineapple	1/8C	1/4C	3/4C	Pasta WW Sauce	1/4C	1/4C	1/2C	Pears	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	Peaches	1/8C	1/4C	3/8C	Broccoli	1/8C	1/4C	3/8C
																		Mixed Veg	1/8C	1/4C
<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	Pretzels mini	10	10	20	WW Cracker	4	4	8	WW Tortilla	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	Banana	1	1	1 1/2	Applesauce	1/2C	1/2C	3/4C	Pretzels Mini	10	10	20

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

This institution is an equal opportunity employer

\*seconds will be served upon child's request



Menu for Week of : July 23rd

2018

Meal	July 23rd				July 24th				July 25th				July 26th				July 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
<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>	Apple Slices	1/4C	1/2C	3/4C	Cheerios	1/4C	1/3C	3/4C	WW Bagel				Corn Flakes	1/4C	1/3C	3/4C	Apple Slices	1/4c	1/2C	1/2C
	Sunbutter	1 TBL	1 TBL	2 TBL	Pineapple	1/4C	1/2C	1/2C	Mini Cream Cheese Mandarin	1	1	2	Peaches	1/4C	1/2C	1/2C	Sunbutter	1Tbs	1Tbs	2Tbs
<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>	Diced Turkey	1oz	1.5oz	2oz	WG				Fish CN Tacos	1oz	1.5oz	2	Turkey Dog	1/2	1	1	WW			
	Brown Rice WG	1/4	1/4	1/2	Chicken Nugget CN	3	5	5	WW Tortilla	1/2	1/2	1	WW Roll	1/2	1/2	1	English Muffin	1/2	1/2	1
	Mixed Fruit	1/8C	1/4C	3/8C	Applesauce	1/8C	1/4C	3/8C	Cheese	1/2	1/2	1	Pineapple	1/8C	1/4C	1/4C	Pizza Cheese Sauce	1oz	1.5oz	2oz
	Corn	1/8C	1/4C	3/8C	Green Beans	1/8C	1/4C	3/8C	Peaches	1/8C	1/4C	3/8C	Carrots	1/8C	1/4C	1/2C	Fruit Cocktail	1/8C	1/4C	3/8C
<b>P.M. SNACK:</b>	Water				Water				Lettuce	1/8C	1/4C	3/8C	Water				Water			
<b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD</b>	Yogurt	1/4C	1/4C	1/2C	WW Tortilla	1/2	1/2	1	Pretzel Mini	10	10	20	WW Cracker	4	4	8	WW Tortilla	1/2	1/2	1
<b>JUICE/FRUIT</b>	Oranges	1/2C	1/2C	3/4C	Sunbutter	1 TBL	1 TBL	2 TBL	Applesauce	1/2C	1/2C	3/4C	Banana	1	1	1 1/2	String Cheese 1oz stick	1/2	1/2	1

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

This institution is an equal opportunity employer

\*seconds will be served upon child's request



Menu for Week of : July 30th

2018

Meal	July 30th				July 31st				August 1st				August 2nd				August 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	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD</b>	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	Cheerios	1/4C	1/3C	3/4C
	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	Mandarin Orange	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>	WW				Fish Sticks CN WW Bread	2	3	4	Pierogis CN	6	9	12	Chicken diced Quesadilla WW	1oz	1.5oz	2	Beef Crumbles CN	1oz	1.5oz	2oz
	Mac&Cheese Chicken Diced	1/2C	3/4C	1C	Apple Slices	1/8C	1/4C	3/8C	Applesauce	1/8C	1/4C	3/8C	Pineapple	1/8C	1/4C	3/4C	Pasta WW Sauce	1/4C	1/4C	1/2C
	Peaches	1/8C	1/4C	1/4C	Corn	1/8C	1/4C	3/8C	Green Beans	1/8C	1/4C	3/8C	Peas	1/8C	1/4C	3/8C	Peaches Broccoli	1/8C	1/4C	3/8C
	Broccoli	1/8C	1/4C	1/2C	Water				Water				Water				Water			
<b>P.M. SNACK:</b>	Water				Water				Water				Water				Water			
<b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD</b>	Low Fat Van Yogurt	1/4C	1/4C	1/2C	Sunbutter	1TBL	1TBL	2TBL	Pretzels mini	10	10	20	WW Cracker	4	4	8	WW Tortilla	1/2	1/2	1
<b>JUICE/FRUIT</b>	Pears	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1	String Cheese 1oz stick	1/2	1/2	1	Banana	1	1	1 1/2	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

This institution is an equal opportunity employer

\*seconds will be served upon child's request