



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
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Rice Crispy	3/4C	3/4C	1 1/4C	Bagel mini WW Cream Cheese	1	1	2	Corn Flakes	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	Cheerios	1/2C	1/2C	1C
	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
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	WW				Fish Sticks CN WW Bread	2	3	4	Pierogis CN mini original	6	9	12	Chicken diced Quesadilla WW	1oz	1.5oz	2	Beef Crumbles CN	1oz	1.5oz	2oz
	Mac&Cheese	1/2C	3/4C	1C	Apple Slices	1/8C	1/4C	1/4C	Applesauce	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Pasta WW Sauce	1/4C	1/4C	1/2C
	Chicken Diced				Broccoli	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C	Peaches	1/8C	1/4C	1/4C
	Pears	1/8C	1/4C	1/4C	Corn	1/8C	1/4C	1/2C	Water				Water				Broccoli	1/8C	1/4C	1/2C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	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
	Peaches	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

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

This institution is an equal opportunity employer

*seconds will be served upon child's request



Menu for Week of : August 6th

2018

Meal	August 6th				August 7th				August 8th				August 9th				August 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
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	3/4C	3/4C	1 1/4C	Apple Slices	1/4C	1/2C	1/2C	Cheerios	1/2C	1/2C	1C	WW Bagel				Corn Flakes	1/2C	1/2C	1C
	Pineapple	1/4C	1/2C	1/2C	Sunbutter	1 TBL	1 TBL	2 TBL	Banana	1/2	1/2	1	Mini Cream Cheese Mandarin Orange	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C
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 Cheese	2 1/2	3 1/2	4 1	Turkey Dog WW Roll	1/2 1/2	1 1/2	1 1
	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	Pineapple	1/8C	1/4C	1/4C
	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	Carrots	1/8C	1/4C	1/2C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Banana	1	1	1 1/2	Yogurt Mandarin Oranges	1/4C 1/2C	1/4C 1/2C	1/2C 3/4C	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
(C)=Cup
12-23 months Whole Milk
24-60 months 1% Milk

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Menu for Week of : August 13th

2018

Meal	August 13th				August 14th				August 15th				August 16th				August 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
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	3/4C	3/4C	1 1/4C	Bagel mini WW Cream Cheese	1	1	2	Corn Flakes	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C
	Sunbutter	1TBL	1TBL	2TBL	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
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	WW				WW				Fish Sticks CN	2	3	4	Pierogis CN				Chicken diced	1oz	1.5oz	2
	English Muffin	1/2	1/2	1	Mac&Cheese	1/2C	3/4C	1C	WW Bread	1/2	1/2	1	mini original	6	9	12	Quesadilla	1/2	1/2	1
	Pizza Cheese Sauce	1oz	1.5oz	2oz	Chicken Diced				Apple Slices	1/8C	1/4C	1/4C	Applesauce	2	2	3	WW			
	Fruit Cocktail	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	Pineapple	1/8C	1/4C	1/4C
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Water				Water				Water				Water				Water			
	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	WW Cracker	4	4	8
	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	Banana	1	1	1 1/2

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

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Menu for Week of : August 20th

2018

Meal	August 20th				August 21st				August 22nd				August 23rd				August 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
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	1/2C	1/2C	1C	Rice Crispy	3/4C	3/4C	1 1/4C	Apple Slices	1/4C	1/2C	1/2C	Cheerios	1/2C	1/2C	1C	WW Bagel			
	Mandarin																Mini	1	1	2
	Orange	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C	Sunbutter	1 TBL	1 TBL	2 TBL	Banana	1/2	1/2	1	Cream Cheese			
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	Chicken Nugget	3	5	5	Fish CN Tacos	2	3	4
	CN				WW Roll	1/2	1/2	1	Brown Rice WG	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	1/4C	Mixed Fruit	1/8C	1/4C	1/4C	Applesauce	1/8C	1/4C	1/4C	Cheese			
	Sauce																Peaches	1/8C	1/4C	1/4C
	Peaches	1/8C	1/4C	1/4C	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
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	WW Tortilla	1/2	1/2	1	Banana	1	1	1 1/2	Yogurt	1/4C	1/4C	1/2C	WW Tortilla	1/2	1/2	1	Pretzel Mini	10	10	20
	Applesauce	1/2C	1/2C	3/4C	Pretzels Mini	10	10	20	Mandarin				Sunbutter	1 TBL	1 TBL	2 TBL	Applesauce	1/2C	1/2C	3/4C

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(W)=Whole grain
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(C)=Cup
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24-60 months 1% Milk

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Menu for Week of : August 27th

2018

Meal	August 27th				August 28th				August 29th				August 30th				August 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
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz
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	Corn Flakes	1/2C	1/2C	1C
	Peaches	1/4C	1/2C	1/2C	Sunbutter	1 TBL	1 TBL	2 TBL	Pineapple	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C
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	Turkey Dog	1/2	1	1	WW				Mac&Cheese	1/2C	3/4C	1C	Fish Sticks CN	2	3	4	Pierogis CN			
	WW Roll	1/4C	1/4C	1/2C	English Muffin	1/2	1/2	1	Pizza Cheese Sauce	1oz	1.5oz	2oz	WW Bread	1/2	1/2	1	mini original	6	9	12
	Pineapple	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Applesauce	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	Green Beans	1/8C	1/4C	1/2C
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 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

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