

Meal	November 30th				December 1st				December 2nd				December 3rd				December 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	6oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	WW Mini Bagel Cream Cheese	1	1	2	Pancakes WG	1	1	2	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Cheerios WG	1/2C	1/2C	1C
	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	Banana	1/2	1	1	Corn Muffin	1/2	1/2	1	Peaches	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 English Muffin Cheese	1/2 1oz	1/2 1.5oz	1 2oz	WG Elbow Pasta Chicken Diced Cheddar Sauce	1/4c 1oz cond	1/4c 1.5oz cond	1/2c 2oz cond	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1	Chicken Meatball Brown Rice Pineapple	2 1/4C 1/8C	2 1/4C 1/4C	3 1/2C 1/4C	Beef Crumble Pasta WW Fruit Cocktail	1oz 1/4C 1/8C	1.5oz 1/4C 1/4C	2oz 1/2C 1/4C
	Lettuce Fruit Cocktail	1/4C 1/8C	1/2C 1/4C	1C 1/4C	Apple Slices	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C								
	Tomato Soup	cond	cond	cond	Broccoli	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C	Peas	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	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	Cheddar Cheese Slice	1/2	1/2	1	Graham Cracker	1sheet	1sheet	2sheets
	Sun butter	1 TBL	1 TBL	2 TBL	Sliced Avocado	1/2C	1/2C	3/4C	Carrot Sticks	6	6	9	Wheat Cracker	8	8	16	Banana	1	1	1 1/2

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

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Meal	December 7th				December 8th				December 9th				December 10th				December 11th			
	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	Rice Krispy	3/4C	3/4C	11/4C	Applesauce	1/4C	1/2C	1/2C	WW Mini Bagel	1	1	2	Cheerios WG	1/2C	1/2C	1C	Pancakes WG	1	1	2
	Banana	1/2	1	1	Corn Muffin	1/2	1/2	1	Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	Pineapple	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	Diced Chicken	1oz	1.5oz	2oz	Turkey Ham	1oz	1.5oz	2oz	Beef Crumbles	1oz	1.5oz	2oz	Chicken Nugget	3	5	5	Diced Chicken	1oz	1.5oz	2oz
	Quesadilla	1/2	1/2	1	WW Roll	1/2	1/2	1	WW tortilla	1	1	2	CN				Brown Rice	1/4C	1/4C	1/2C
	WW tortilla	1/2	1/2	1	Fruit Cocktail	1/8C	1/4C	1/4C	Shredded Cheddar	Cond	Cond	Cond	Pineapple	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C
	Apple Slices	1/8C	1/4C	1/4C	Mixed Veg	1/8C	1/4C	1/2C	Pears	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	Water				Romaine lettuce	1/4C	1/2C	1C	Water				Water			
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	Cheddar Cheese Slice	1/2	1/2	1	Graham Cracker	1sheet	1sheet	2sheets
JUICE/FRUIT	Sun butter	1 TBL	1 TBL	2 TBL	Sliced Avocado	1/2C	1/2C	3/4C	Carrot Sticks	6	6	9	Wheat Cracker	8	8	16	Banana	1	1	1 1/2

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Meal	December 14th				December 15th				December 16th				December 17th				December 18th			
	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	6oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cheerios WG	1/2C	1/2C	1C	Pancakes WG	1	1	2	WW Mini Bagel Cream Cheese	1	1	2	Rice Krispy	3/4C	3/4C	11/4C	Applesauce	1/4C	1/2C	1/2C
	Peaches	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C	Banana	1/2	1	1	Peaches	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1
LUNCH:	Milk	4oz	6oz	8oz	Milk WW	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 WW Roll	1 1/2	1 1/2	1 1/2 1	English Muffin Cheese	1/2 1oz	1/2 1.5oz	1 2oz	WG Elbow Pasta Chicken Diced Cheddar Sauce	1/4c 1oz cond	1/4c 1.5oz cond	1/2c 2oz cond	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1	Chicken Meatball	2	2	3
	Applesauce	1/8C	1/4C	1/4C	Lettuce Fruit Cocktail	1/4C 1/8C	1/2C 1/4C	1C 1/4C	Pears	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Brown Rice	1/4C	1/4C	1/2C
	Carrots	1/8C	1/4C	1/2C	Tomato Soup	cond	cond	cond	Broccoli	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Peas	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	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1	Cheddar Cheese Slice	1/2	1/2	1	Graham Cracker	1sheet	1sheet	2sheets	Yogurt	1/4C	1/4C	1/2C
	Sun butter	1 TBL	1 TBL	2 TBL	Sliced Avocado	1/2C	1/2C	3/4C	Wheat Cracker	8	8	16	Banana	1	1	1 1/2	Carrot Sticks	6	6	9

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 24-60 months 1% Milk (unflavored)

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Meal	December 21st				December 22nd				December 23rd				December 24th				December 25th			
	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	1-2yrs	3-5yrs	6+ yrs
BREAKFAST:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	6oz	Milk	4oz	6oz	8oz				
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Cheerios WG	1/2C	1/2C	1C	Pancakes WG	1	1	2				
	Peaches	1/2	1	1	Corn Muffin	1/2	1/2	1	Banana	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C				
LUNCH:	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 Crumble Pasta WW Apple Slices Peas	1oz 1/4C 1/8C 1/8C	1.5oz 1/4C 1/4C 1/4C	2oz 1/2C 1/4C 1/2C	Diced Chicken Quesadilla WW tortilla Fruit Cocktail Broccoli	1oz 1/2 1/8C 1/8C	1.5oz 1/2 1/4C 1/4C	2oz 1 1/4C 1/2C	Turkey Ham WW Roll Peaches Mixed Veg	1oz 1/2 1/8C 1/8C	1.5oz 1/2 1/4C 1/4C	2oz 1 1/4C 1/2C	Beef Crumbles WW tortilla Shredded Cheddar Pears Romaine lettuce	1oz 1 Cond 1/8C 1/4C	1.5oz 1 Cond 1/4C 1/2C	2oz 2 Cond 1/4C 1C				
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Water Graham Cracker Banana	 1sheet 1	 1sheet 1	 2sheets 1 1/2	Water WG Biscuit Sun butter	 1/2 1 TBL	 1/2 1 TBL	 1 2 TBL	Water Corn loaf Sliced Avocado	 1/2 1/2C	 1/2 1/2C	 1 3/4C	Water Cheddar Cheese Slice Wheat Cracker	 1/2 8	 1/2 8	 1 16				

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 24-60 months 1% Milk (unflavored)

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Meal	December 28th				December 29th				December 30th				December 31st				January 1st			
	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, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce	1/4C	1/2C	1/2C	WW Mini Bagel	1	1	2	Cheerios WG	1/2C	1/2C	1C				
	Banana	1/2	1	1	Egg patty	1	1	1	Cream Cheese				Pears	1/4C	1/2C	1/2C				
					Corn Muffin	1/2	1/2	1	Peaches	1/4C	1/2C	1/2C								
LUNCH:	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	Diced Chicken	1oz	1.5oz	2oz	Turkey Dog	1	1	1 1/2	WW				WG Elbow Pasta	1/4c	1/4c	1/2c				
	Brown Rice	1/4C	1/4C	1/2C	WW Roll	1/2	1/2	1	English Muffin	1/2	1/2	1	Chicken Diced	1oz	1.5oz	2oz				
	Fruit Cocktail	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Cheese	1oz	1.5oz	2oz	Cheddar Sauce	cond	cond	cond				
									Lettuce	1/4C	1/2C	1C	Pineapple	1/8C	1/4C	1/4C				
	Peas	1/8C	1/4C	1/2C	Carrots	1/8C	1/4C	1/2C	Apple Slices	1/8C	1/4C	1/4C	Broccoli	1/8C	1/4C	1/2C				
P.M. SNACK:	Water				Water				Tomato Soup	cond	cond	cond								
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	Yogurt	1/4C	1/4C	1/2C	WG Biscuit	1/2	1/2	1					Graham Cracker	1sheet	1sheet	2sheets				
JUICE/FRUIT	Carrot Sticks	6	6	9	Sun butter	1 TBL	1 TBL	2 TBL	Corn loaf	1/2	1/2	1	Banana	1	1	1 1/2				

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