



Menu for Week of : December 3rd

2018

Meal	December 3rd				December 4th				December 5th				December 6th				December 7th			
	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	Cheerios	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	Corn Flakes	1/2C	1/2C	1C	WW Bagel Mini Cream Cheese	1	1	2	Rice Crispy	3/4C	3/4C	1 1/4C
	Banana	1/2	1/2	1	Sunbutter	1TBL	1TBL	2TBL	Pears	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C
LUNCH:	Milk	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE	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	Pierogis CN			
1st FRUIT/VEG	WW Roll	1/2	1/2	1	Pizza Cheese Sauce	1oz	1.5oz	2oz	Chicken Diced				WW Bread	1/2	1/2	1	mini	6	9	12
2nd FRUIT/VEG	Pineapple	1/8C	1/4C	1/4C	Mixed Fruit	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Applesauce	1/8C	1/4C	1/4C
GRAIN/BREAD	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
OTHER	Water				Water				Water				Water				Water			
P.M. SNACK:	Pretzels mini	10	10	20	WW Cracker	4	4	8	Low Fat Van Yogurt	1/4C	1/4C	1/2C	WW Tortilla	1/2	1/2	1	Sunbutter	1TBL	1TBL	2TBL
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD	String Cheese	1/2	1/2	1	Banana	1	1	1 1/2	Peaches	1/2C	1/2C	3/4C	Applesauce	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1
JUICE/FRUIT	1oz stick																			

(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 : December 10th

2018

Meal	December 10th				December 11th				December 12th				December 13th				December 14th						
	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 Bagel				Cheerios	1/2C	1/2C	1C	Rice Crispy	3/4C	3/4C	1 1/4C	Apple Slices	1/4C	1/2C	1/2C	Corn Flakes	1/2C	1/2C	1C			
	Mini Cream Cheese Mandarin Orange	1	1	2	Banana	1/2	1/2	1	Pineapple	1/4C	1/2C	1/2C	Sunbutter	1 TBL	1 TBL	2 TBL	Peaches	1/4C	1/2C	1/2C			
		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	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
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	Sunbutter	1TBL	1TBL	2TBL	Yogurt	1/4C	1/4C	1/2C	Pretzel Mini	10	10	20			
	Banana	1	1	1 1/2	Applesauce	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1	Mandarin Oranges	1/2C	1/2C	3/4C	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

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Meal	December 17th				December 18th				December 19th				December 20th				December 21st			
	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	Corn Flakes	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	Cheerios	1/2C	1/2C	1C	Bagel mini WW Cream Cheese	1	1	2
	Pineapple	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Sunbutter	1TBL	1TBL	2TBL	Banana	1/2	1/2	1	Peaches	1/4C	1/2C	1/2C
LUNCH:	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk WW	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	Fish CN Tacos WW Tortilla Cheese	2 1/2	3 1/2	4 1	Turkey Dog WW Roll	1 1/2	1 1/2	1 1/2 1	English Muffin Pizza Cheese Sauce	1/2 1oz	1/2 1.5oz	1 2oz	Mac&Cheese Chicken Diced	1/2C	3/4C	1C	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1
	Peaches	1/8C	1/4C	1/4C	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
	Lettuce	1/8C	1/4C	1/2C	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
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	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	Sunbutter	1TBL	1TBL	2TBL
	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	WW Pita	1/2	1/2	1

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

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Meal	December 24th				December 25th				December 26th				December 27th				December 28th			
	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, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Corn Flakes	1/2C	1/2C	1C					Cheerios	1/2C	1/2C	1C	WW Bagel	1	1	2	Apple Slices	1/4C	1/2C	1/2C
	Pears	1/4C	1/2C	1/2C					Banana	1/2	1/2	1	Mini Cream Cheese Mandarin Orange	1/4C	1/2C	1/2C	Sunbutter	1 TBL	1 TBL	2 TBL
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	Pierogis CN mini original	6 2	9 2	12 3					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
	Applesauce	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
P.M. SNACK:	Water				Green Beans	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
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Pretzels mini	10	10	20	Water				Water				Water				Yogurt	1/4C	1/4C	1/2C
	String Cheese	1/2	1/2	1	WW Cracker	4	4	8	Sunbutter	1TBL	1TBL	2TBL	Mandarin Oranges	1/2C	1/2C	3/4C				
	1 oz stick				Applesauce	1/2C	1/2C	3/4C	WW Pita	1/2	1/2	1								

(F)= Fresh fruit or vegetable
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Meal	December 31st				January 1st				January 2nd				January 3rd				January 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	6oz	Milk	4oz	6oz	8oz				
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/BREAD	Cheerios	1/2C	1/2C	1C					Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	WW	4oz	6oz	8oz
	Banana	1/2	1/2	1					WW Bagel	1	1	2	Corn Flakes	1/2C	1/2C	1C	Apple Slices	1/4C	1/2C	1/2C	Sunbutter	1TBL	1TBL	2TBL
LUNCH:	Milk	4oz	6oz	8oz					Cream Cheese	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	Milk	4oz	6oz	8oz	English Muffin	1/2	1/2	1
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER	WG								Mandarin	1/4C	1/2C	1/2C	Milk	4oz	6oz	8oz	Turkey Dog	1	1	1 1/2	Pizza Cheese	1oz	1.5oz	2oz
	Chicken Nugget	3	5	5					Orange	1/4C	1/2C	1/2C	Turkey Dog	1	1	1 1/2	WW Roll	1/2	1/2	1	Sauce	1/8C	1/4C	1/4C
	CN				Fish CN Tacos	2	3	4	Pineapple	1/8C	1/4C	1/4C	Mixed Fruit	1/8C	1/4C	1/4C								
	Applesauce	1/8C	1/4C	1/4C	WW Tortilla	1/2	1/2	1	Carrots	1/8C	1/4C	1/2C	Mix Veg	1/8C	1/4C	1/2C								
	Green Beans	1/8C	1/4C	1/2C	Cheese	1/8C	1/4C	1/4C	Water				Water											
P.M. SNACK:	Water				Peaches	1/8C	1/4C	1/4C	Water				Water											
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD	Sunbutter	1TBL	1TBL	2TBL	Lettuce	1/8C	1/4C	1/2C	Low Fat Van Yogurt	1/4C	1/4C	1/2C	WW Cracker	4	4	8								
	WW Pita	1/2	1/2	1	Water				Peaches	1/2C	1/2C	3/4C	Banana	1	1	1 1/2								
JUICE/FRUIT					Pretzel Mini	10	10	20																
					String Cheese	1/2	1/2	1																

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