



Menu for Week of: November 28th

2022

Meal	November 28th				November 29th				November 30th				December 1st				December 2nd			
	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	Applesauce	1/4C	1/2C	1/2C	Pancakes WG	1	1	2	Rice Krispy	3/4C	3/4C	1 1/4C	Cheerios WG	1/2C	1/2C	1C	WG Bagel (or)	1/2	1/2	Whole
	Egg patty	1	1	1	Pineapple	1/4C	1/2C	1/2C	Banana	1/2	1	1	Peaches	1/4C	1/2C	1/2C	WW Mini Bagel	1	1	2
	Corn Muffin	1/2	1/2	1													Cream Cheese	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	2	2	3	Beef Crumble	1oz	1.5oz	2oz	Chicken	1oz	1.5oz	2oz	Turkey Ham	1oz	1.5oz	2oz	Beef Crumbles	1oz	1.5oz	2oz
	Meatball				Pasta	1/4C	1/4C	1/2C	Gravy	Cond	Cond	Cond	WW Roll	1/2	1/2	1	WW tortilla	1	1	2
	Brown Rice	1/4C	1/4C	1/2C	WW				Mashed Potato	1/8C	1/4C	1/2C					Shredded Cheddar	Cond	Cond	Cond
	Peaches	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C
	Peas	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	WG Bread	1/2SL	1/2SL	1SL	Mixed Veg	1/8C	1/4C	1/2C	Romaine lettuce	1/4C	1/2C	1C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WG Veggie Cracker	1/2PK	1/2PK	1 PK	WG Biscuit	1/2	1/2	1	Corn loaf	1/2	1/2	1
	Wheat Cracker	8	8	16	Carrot Sticks	6	6	9	Orange	1	1	1 1/2	Sun butter	1 TBL	1 TBL	2 TBL	Apple	1/2	1/2	3/4

(WW)=Whole wheat	All milk served is unflavored
(WG)=Whole grain	12-23 months Whole Milk (unflavored)
(TBL)=Tablespoon	24-60 months 1% Milk (unflavored)
(CN)= Child Nutrition	5 years and older 1% Milk (unflavored)
(PK)= Packet	
(C)=Cup	All canned fruit are drained
(Cond)= Condiment	Hot dogs are diced
(SL) = Slices	Raw carrots are steamed

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*seconds will be served upon child's request



Menu for Week of: December 5th

2022

Meal	December 5th				December 6th				December 7th				December 8th				December 9th			
	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	Rice Krispy	3/4C	3/4C	1 1/4C	WG Bagel (or) WW Mini Bagel	1/2 1	1/2 1	Whole 2	Pancakes WG	1	1	2	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1
	Pineapple	1/4C	1/2C	1/2C	Banana	1/2	1	1	Cream Cheese Peaches	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1
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	WG Chicken Nugget CN	3	5	5	WG Elbow Pasta Chicken Diced Cheddar Sauce	1/4C 1oz Cond	1/4C 1.5oz Cond	1/2C 2oz Cond	Veggie Burger WW Roll	1/2 Patty 1/2	1Patty 1/2	1Patty 1	English Muffin Cheese	1/2 1oz	1/2 1.5oz	1 2oz	Turkey Sausage WG Mini Bagel	1 1	1 1/2 1	2 1
	Peaches	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Lettuce Fruit Cocktail	1/4C 1/8C	1/2C 1/4C	1C 1/4C	Pineapple	1/8C	1/4C	1/4C
	Green Beans	1/8C	1/4C	1/2C	Broccoli	1/8C	1/4C	1/2C	Sweet Potato Fries	3	5	10	Tomato Soup	Cond	Cond	Cond	Hash Brown	1/2	1	2
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	WG Veggie Cracker	1/2PK	1/2PK	1 PK	String Cheese	1/2	1/2	1	Corn loaf	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C
	Cheese Cubes	1/2oz	1/2oz	1oz	Orange	1	1	1 1/2	Wheat Cracker	8	8	16	Apple	1/2	1/2	3/4	Carrot Sticks	6	6	9

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored) All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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Menu for Week of: December 12th

2022

Meal	December 12th				December 13th				December 14th				December 15th				December 16th			
	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	WG Bagel (or)	1/2	1/2	Whole	Applesauce	1/4C	1/2C	1/2C	Rice Krispy	3/4C	3/4C	1 1/4C	Cheerios WG	1/2C	1/2C	1C	Pancakes WG	1	1	2
	WW Mini Bagel	1	1	2	Egg patty	1	1	1	Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	Pineapple	1/4C	1/2C	1/2C
	Cream Cheese Peaches	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1												
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	Fish Sticks CN	2	3	4	Chicken Meatball	2	2	3	Beef Crumble	1oz	1.5oz	2oz	Chicken Gravy	1oz	1.5oz	2oz	Turkey Ham	1oz	1.5oz	2oz
	WW Bread	1/2	1/2	1	Brown Rice	1/4C	1/4C	1/2C	Pasta WW	1/4C	1/4C	1/2C	Mashed Potato	1/8C	1/4C	1/2C	WW Roll	1/2	1/2	1
	Pears	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C
	Corn	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	WG Bread	1/2SL	1/2SL	1SL	Mixed Veg	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	Yogurt	1/4C	1/4C	1/2C	WG Veggie Cracker	1/2PK	1/2PK	1 PK	Corn loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1	String Cheese	1/2	1/2	1
	Carrot Sticks	6	6	9	Orange	1	1	1 1/2	Apple	1/2	1/2	3/4	Cheese Cubes	1/2oz	1/2oz	1oz	Wheat Cracker	8	8	16

(WW)=Whole wheat	All milk served is unflavored
(WG)=Whole grain	12-23 months Whole Milk (unflavored)
(TBL)=Tablespoon	24-60 months 1% Milk (unflavored)
(CN)= Child Nutrition	5 years and older 1% Milk (unflavored)
(PK)= Packet	
(C)=Cup	All canned fruit are drained
(Cond)= Condiment	Hot dogs are diced
(SL) = Slices	Raw carrots are steamed

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Menu for Week of: December 19th

2022

Meal	December 19th				December 20th				December 21st				December 22nd				December 23rd			
	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	6oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce	1/4C	1/2C	1/2C	Cheerios WG	1/2C	1/2C	1C	WG Bagel (or)	1/2	1/2	Whole	Pancakes WG	1	1	2
	Banana	1/4C	1/2C	1/2C	Egg patty	1	1	1	Pineapple	1/4C	1/2C	1/2C	WW Mini Bagel	1	1	2	Cream Cheese			
LUNCH:	Milk	4oz	6oz	8oz	Corn Muffin	1/2	1/2	1	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
	Beef Crumbles	1oz	1.5oz	2oz	WG				WG Elbow Pasta	1/4C	1/4C	1/2C	Veggie Burger	1/2 Patty	1Patty	1Patty	English Muffin	1/2	1/2	1
	WW tortilla	1	1	2	Chicken Nugget	3	5	5	Chicken Diced	1oz	1.5oz	2oz	WW Roll	1/2	1/2	1	Cheese	1oz	1.5oz	2oz
	Shredded Cheddar	Cond	Cond	Cond	CN				Cheddar Sauce	Cond	Cond	Cond					Lettuce	1/4C	1/2C	1C
Apple Slices	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	
Romaine lettuce	1/4C	1/2C	1C	Green Beans	1/8C	1/4C	1/2C	Broccoli	1/8C	1/4C	1/2C	Sweet Potato Fries	3	5	10	Tomato Soup	Cond	Cond	Cond	
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	WG Veggie Cracker	1/2PK	1/2PK	1 PK	String Cheese	1/2	1/2	1	Corn loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C
	Orange	1	1	1 1/2	Wheat Cracker	8	8	16	Apple	1/2	1/2	3/4	Cheese Cubes	1/2oz	1/2oz	1oz	Carrot Sticks	6	6	9

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored) All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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Menu for Week of: December 26th

2022

Meal	December 26th				December 27th				December 28th				December 29th				December 30th								
	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					Cheerios WG	1/2C	1/2C	1C	WG Bagel (or) WW Mini Bagel Cream Cheese	1/2	1/2	Whole	1	1	2	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce Egg patty	1/4C	1/2C	1/2C		
					Banana	1/2	1	1	Pears	1/4C	1/2C	1/2C	1/4C	1/2C	1/2C	Peaches	1/2	1	1	Corn Muffin	1/2	1/2	1		
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					Fish Sticks CN WW Bread	2	3	4	1/2	1/2	1	Chicken Meatball Brown Rice	2	2	3	1/4C	1/4C	1/2C	Beef Crumble Pasta WW	1oz	1.5oz	2oz	1/4C	1/4C	1/2C
					Pineapple	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Mashed Potato Pears	1/8C	1/4C	1/2C		
					Corn	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	WG Bread	1/2SL	1/2SL	1SL		
P.M. SNACK:					Water					Water					Water					Water					
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD					Corn loaf	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	1/4C	1/4C	1/2C	WG Veggie Cracker	1/2PK	1/2PK	1 PK	String Cheese	1/2	1/2	1		
JUICE/FRUIT					Apple	1/2	1/2	3/4	Carrot Sticks	6	6	9	6	6	9	Orange	1	1	1 1/2	Wheat Cracker	8	8	16		

(WW)=Whole wheat (WG)=Whole grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored) All canned fruit are drained Hot dogs are diced Raw carrots are steamed
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