



Menu for Week of: October 2nd

2023

| Meal | October 2nd | | | | October 3rd | | | | October 4th | | | | October 5th | | | | October 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 |
| 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 WG | 1/2C | 1/2C | 1C | Rice Krispy | 3/4C | 3/4C | 1 1/4C | Pancakes WG | 1 | 1 | 2 | WG Bagel (or) WW Mini Bagel Cream Cheese | 1/2 | 1/2 | Whole | Applesauce | 1/4C | 1/2C | 1/2C |
| | Banana | 1/2 | 1 | 1 | Pineapple | 1/4C | 1/2C | 1/2C | 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 | Chicken Meatball | 2 | 2 | 3 | Beef Crumble | 1oz | 1.5oz | 2oz | Chicken Gravy | 1oz | 1.5oz | 2oz | Turkey Ham WW Roll | 1oz | 1.5oz | 2oz | Beef Crumbles | 1oz | 1.5oz | 2oz |
| | 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 tortilla | 1 | 1 | 2 |
| | 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 | Shredded Cheddar | Cond | Cond | Cond |
| | 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 | Peaches | 1/8C | 1/4C | 1/4C |
| P.M. SNACK: | Water | | | | Water | | | | Water | | | | Water | | | | Water | | | |
| CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD | Corn loaf | 1/2 | 1/2 | 1 | String Cheese | 1/2 | 1/2 | 1 | WG Veggie Cracker | 1/2PK | 1/2PK | 1 PK | Yogurt | 1/4C | 1/4C | 1/2C | WG Biscuit | 1/2 | 1/2 | 1 |
| JUICE/FRUIT | Apple | 1/2 | 1/2 | 3/4 | Wheat Cracker | 8 | 8 | 16 | Orange | 1 | 1 | 1 1/2 | Carrot Sticks | 6 | 6 | 9 | Cheese Cubes | 1/2oz | 1/2oz | 1oz |

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

This institution is an equal opportunity provider

*seconds will be served upon child's request



Menu for Week of: October 9th

2023

| Meal | October 9th | | | | October 10th | | | | October 11th | | | | October 12th | | | | October 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 |
| BREAKFAST: | | | | | Milk | 4oz | 6oz | 8oz | Milk | 4oz | 6oz | 8oz | Milk | 4oz | 6oz | 8oz | Milk | 4oz | 6oz | 8oz |
| MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD | | | | | Rice Krispy | 3/4C | 3/4C | 1 1/4C | Cheerios WG | 1/2C | 1/2C | 1C | WG Bagel (or) WW Mini Bagel | 1/2 | 1/2 | Whole 2 | Applesauce Egg patty | 1/4C 1 | 1/2C 1 | 1/2C 1 |
| | | | | | Pears | 1/4C | 1/2C | 1/2C | Banana | 1/2 | 1 | 1 | 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 WW | 4oz | 6oz | 8oz | Milk | 4oz | 6oz | 8oz |
| MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER | | | | | WG Elbow Pasta | 1/4C | 1/4C | 1/2C | Veggie Burger | 1/2 Pat | 1Patty | 1Patty | 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 |
| | | | | | Chicken Diced Cheddar Sauce | 1oz Cond | 1.5oz Cond | 2oz Cond | WW Roll | 1/2 | 1/2 | 1 | Lettuce Fruit Cocktail | 1/4C 1/8C | 1/2C 1/4C | 1C 1/4C | Pears | 1/8C | 1/4C | 1/4C |
| | | | | | Apple Slices | 1/8C | 1/4C | 1/4C | Pineapple | 1/8C | 1/4C | 1/4C | Tomato Soup | Cond | Cond | Cond | Hash Brown | 1/2 | 1 | 2 |
| | | | | | Broccoli | 1/8C | 1/4C | 1/2C | Sweet Potato Fries | 3 | 5 | 10 | Water | | | | Water | | | |
| P.M. SNACK: | | | | | Water | | | | Water | | | | Water | | | | Water | | | |
| CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD | | | | | Yogurt | 1/4C | 1/4C | 1/2C | Corn loaf | 1/2 | 1/2 | 1 | String Cheese | 1/2 | 1/2 | 1 | WG Veggie Cracker | 1/2PK | 1/2PK | 1 PK |
| JUICE/FRUIT | | | | | Carrot Sticks | 6 | 6 | 9 | Apple | 1/2 | 1/2 | 3/4 | Wheat Cracker | 8 | 8 | 16 | Orange | 1 | 1 | 1 1/2 |

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| (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 Raw carrots are steamed |
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Menu for Week of: October 16th

2023

| Meal | October 16th | | | | October 17th | | | | October 18th | | | | October 19th | | | | October 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 |
| 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 Krispy | 3/4C | 3/4C | 1 1/4C | Cheerios WG | 1/2C | 1/2C | 1C | WG Bagel (or) WW Mini Bagel | 1/2 | 1/2 | Whole 2 | Pancakes WG | 1 | 1 | 2 | Applesauce | 1/4C | 1/2C | 1/2C |
| | Banana | 1/2 | 1 | 1 | Pineapple | 1/4C | 1/2C | 1/2C | Cream Cheese Peaches | 1/4C | 1/2C | 1/2C | Pears | 1/4C | 1/2C | 1/2C | Egg patty | 1 | 1 | 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 | 1oz | 1.5oz | 2oz | WW Roll | 1/2 | 1/2 | 1 |
| | Pears | 1/8C | 1/4C | 1/4C | Fruit Cocktail | 1/8C | 1/4C | 1/4C | Apple Slices | 1/8C | 1/4C | 1/4C | Pineapple | 1/8C | 1/4C | 1/4C | Peaches | 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 | Corn loaf | 1/2 | 1/2 | 1 | WG Veggie Cracker | 1/2PK | 1/2PK | 1 PK | WG Biscuit | 1/2 | 1/2 | 1 | String Cheese | 1/2 | 1/2 | 1 |
| | Carrot Sticks | 6 | 6 | 9 | Apple | 1/2 | 1/2 | 3/4 | Orange | 1 | 1 | 1 1/2 | Cheese Cubes | 1/2oz | 1/2oz | 1oz | Wheat Cracker | 8 | 8 | 16 |

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|--|---|
| (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 Raw carrots are steamed |
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Menu for Week of: October 23rd

2023

| Meal | October 23rd | | | | October 24th | | | | October 25th | | | | October 26th | | | | October 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 |
| 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 | 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 | | | | | | | | | | | | |
| | Cream Cheese Peaches | 1/4C | 1/2C | 1/2C | Corn Muffin | 1/2 | 1/2 | 1 | Banana | 1/2 | 1 | 1 | 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 | 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 |
| | Pineapple | 1/8C | 1/4C | 1/4C | Pears | 1/8C | 1/4C | 1/4C | Apple Slices | 1/8C | 1/4C | 1/4C | Peaches | 1/8C | 1/4C | 1/4C | Fruit Cocktail | 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 JUICE/FRUIT | Yogurt | 1/4C | 1/4C | 1/2C | Corn loaf | 1/2 | 1/2 | 1 | WG Veggie Cracker | 1/2PK | 1/2PK | 1 PK | WG Biscuit | 1/2 | 1/2 | 1 | String Cheese | 1/2 | 1/2 | 1 |
| | Carrot Sticks | 6 | 6 | 9 | Apple | 1/2 | 1/2 | 3/4 | Orange | 1 | 1 | 1 1/2 | 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 | |
| (Cond)= Condiment | All canned fruit are drained |
| (SL)= Slices | Raw carrots are steamed |

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Menu for Week of: October 30th

2023

| Meal | October 30th | | | | October 31st | | | | November 1st | | | | November 2nd | | | | November 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 | 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) WW Mini Bagel | 1/2 | 1/2 | Whole 2 |
| | Egg patty | 1 | 1 | 1 | Pears | 1/4C | 1/2C | 1/2C | Banana | 1/2 | 1 | 1 | Peaches | 1/4C | 1/2C | 1/2C | Cream Cheese | | | |
| | Corn Muffin | 1/2 | 1/2 | 1 | | | | | | | | | | | | | 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 | Turkey Sausage | 1 | 1 1/2 | 2 | Fish Sticks CN | 2 | 3 | 4 | Chicken Meatball | 2 | 2 | 3 | Beef Crumble | 1oz | 1.5oz | 2oz | Chicken Gravy | 1oz | 1.5oz | 2oz |
| | WG Mini Bagel | 1 | 1 | 1 | WW Bread | 1/2 | 1/2 | 1 | Brown Rice | 1/4C | 1/4C | 1/2C | Pasta WW | 1/4C | 1/4C | 1/2C | | Cond | Cond | Cond |
| | Peaches | 1/8C | 1/4C | 1/4C | Apple Slices | 1/8C | 1/4C | 1/4C | Pineapple | 1/8C | 1/4C | 1/4C | Pears | 1/8C | 1/4C | 1/4C | Mashed Potato | 1/8C | 1/4C | 1/2C |
| | Hash Brown | 1/2 | 1 | 2 | Corn | 1/8C | 1/4C | 1/2C | Peas | 1/8C | 1/4C | 1/2C | Green Beans | 1/8C | 1/4C | 1/2C | Fruit Cocktail | 1/8C | 1/4C | 1/4C |
| 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 | Corn loaf | 1/2 | 1/2 | 1 | Yogurt | 1/4C | 1/4C | 1/2C | String Cheese | 1/2 | 1/2 | 1 |
| | Cheese Cubes | 1/2oz | 1/2oz | 1oz | Orange | 1 | 1 | 1 1/2 | Apple | 1/2 | 1/2 | 3/4 | Carrot Sticks | 6 | 6 | 9 | Wheat Cracker | 8 | 8 | 16 |

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| (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 Raw carrots are steamed |
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