



Menu for Week of: February 27th

2023

Meal	February 27th				February 28th				March 1st				March 2nd				March 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	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	WG Bagel (or) WW Mini Bagel	1/2 1	1/2 1	Whole 2	Rice Krispy	3/4C	3/4C	1 1/4C	Applesauce Egg patty	1/4C 1	1/2C 1	1/2C 1	Pancakes WG	1	1	2
	Banana	1/2	1	1	Cream Cheese Pears	1/4C 1/2C	1/2C 1/2C	1/2C	Peaches	1/2	1	1	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	Fish Sticks CN WW Bread	2 1/2	3 1/2	4 1	Chicken Meatball Brown Rice	2 1/4C	2 1/4C	3 1/2C	Beef Crumble Pasta WW	1oz 1/4C	1.5oz 1/4C	2oz 1/2C	Chicken Gravy	1oz Cond	1.5oz Cond	2oz Cond	Turkey Ham WW Roll	1oz 1/2	1.5oz 1/2	2oz 1
	Apple Slices	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Mashed Potato Pears	1/8C 1/8C	1/4C 1/4C	1/2C 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
	Water				Water				Water				Water				Water			
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	String Cheese	1/2	1/2	1	Corn loaf	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C	WG Biscuit	1/2	1/2	1	WG Veggie Cracker	1/2PK	1/2PK	1 PK
	Wheat Cracker	8	8	16	Apple	1/2	1/2	3/4	Carrot Sticks	6	6	9	Cheese Cubes	1/2oz	1/2oz	1oz	Orange	1	1	1 1/2

(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: March 6th

2023

Meal	March 6th				March 7th				March 8th				March 9th				March 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	6oz	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
																	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	Beef Crumbles	1oz	1.5oz	2oz	WG Chicken Nugget	3	5	5	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	CN				Chicken Diced	1oz	1.5oz	2oz	WW Roll	1/2	1/2	1	Cheese	1oz	1.5oz	2oz
	Shredded Cheddar	Cond	Cond	Cond					Cheddar Sauce	Cond	Cond	Cond					Lettuce	1/4C	1/2C	1C
	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	Peaches	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	Corn loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1	WG Veggie Cracker	1/2PK	1/2PK	1 PK	String Cheese	1/2	1/2	1	Yogurt	1/4C	1/4C	1/2C
JUICE/FRUIT	Apple	1/2	1/2	3/4	Cheese Cubes	1/2oz	1/2oz	1oz	Orange	1	1	1 1/2	Wheat Cracker	8	8	16	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 Raw carrots are steamed
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Menu for Week of: March 13th

2023

Meal	March 13th				March 14th				March 15th				March 16th				March 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	8oz	Milk	4oz	6oz	6oz
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													Cream Cheese	1	1	
	Corn Muffin	1/2	1/2	1	Pears	1/4C	1/2C	1/2C	Banana	1/2	1	1	Peaches	1/4C	1/2C	1/2C	Pineapple	1/2	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	Turkey Sausage	1	1 1/2	2	Fish Sticks CN	2	3	4	Chicken	2	2	3	Beef Crumble	1oz	1.5oz	2oz	Chicken	1oz	1.5oz	2oz
	WG Mini Bagel	1	1	1	WW Bread	1/2	1/2	1	Meatball				Pasta	1/4C	1/4C	1/2C	Gravy	Cond	Cond	Cond
									Brown Rice	1/4C	1/4C	1/2C	WW				Mashed Potato	1/8C	1/4C	1/2C
	Peaches	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C
	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	WG Bread	1/2SL	1/2SL	1SL
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD JUICE/FRUIT	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 Raw carrots are steamed
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Menu for Week of: March 20th

2023

Meal	March 20th				March 21st				March 22nd				March 23rd				March 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	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) WW Mini Bagel	1/2	1/2	Whole 2	Pancakes WG	1	1	2
	Banana	1/4C	1/2C	1/2C	Corn Muffin	1/2	1/2	1	Pears	1/4C	1/2C	1/2C	Cream Cheese Peaches	1/2	1	1	Pineapple	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	Beef Crumbles WW tortilla Shredded Cheddar	1oz 1 Cond	1.5oz 1 Cond	2oz 2 Cond	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 Pa 1/2	1Patty 1/2	1Patty 1
	Fruit Cocktail	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C	Pears	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C
	Mixed Veg	1/8C	1/4C	1/2C	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
P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT	Water				Water				Water				Water				Water			
	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 Raw carrots are steamed
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Menu for Week of: March 27th

2023

Meal	March 27th				March 28th				March 29th				March 30th				March 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	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	Pancakes WG	1	1	2	Applesauce	1/4C	1/2C	1/2C	Rice Krispy	3/4C	3/4C	1 1/4C	Cheerios WG	1/2C	1/2C	1C
	WW Mini Bagel	1	1	2					Egg patty	1	1	1								
	Cream Cheese				Pineapple	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
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				Turkey Sausage	1	1 1/2	2	Fish Sticks CN	2	3	4	Chicken	2	2	3	Beef Crumble	1oz	1.5oz	2oz
	English Muffin	1/2	1/2	1	WG Mini Bagel	1	1	1	WW Bread	1/2	1/2	1	Meatball				Pasta	1/4C	1/4C	1/2C
	Cheese	1oz	1.5oz	2oz					Brown Rice	1/4C	1/4C	1/2C					WW			
	Lettuce	1/4C	1/2C	1C	Pears	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Pineapple	1/8C	1/4C	1/4C	Apple Slices	1/8C	1/4C	1/4C
	Fruit Cocktail	1/8C	1/4C	1/4C	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
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	
(Cond)= Condiment	All canned fruit are drained
(SL) = Slices	Raw carrots are steamed

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