

Meal	July 6th				July 7th				July 8th				July 9th				July 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	
	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	
<b>BREAKFAST:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	
<b>MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD</b>	WG French Toast Sticks	1	1	2	WG Biscuit	1/2	1/2	1	GF Chex Cereal	3/4C	3/4C	11/4C	Yogurt	1/4C	1/4C	1/2C	WG Blueberry Muffin	1/2	1/2	1	
	Fresh Apple Slices	1/2 bag	1 bag	1 bag	Jelly Frozen Mixed Berries	Cond 1/4C	Cond 1/2C	Cond 1/2C	Banana	1/2	1	1	Peaches	1/4C	1/2C	1/2C	Frozen Mango	1/4C	1/2C	1/2C	
<b>LUNCH:</b>	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	
<b>MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER</b>	<b>BBQ Meatball Sub</b>				<b>Spiral Pasta Salad</b>				<b>Taco Pizza</b>				<b>Fish Sticks</b>				<b>Chicken Teriyaki</b>				
	CN Chicken Meatball 3 Meatballs = 2.5 oz M/MA	2	3	3	Diced Turkey Ham #290750 1.5 oz = 1 oz M/MA	1.5oz	2.25oz	3 oz	CN Beef Crumble 2.20 oz Crumbles = 2 oz M/MA	1.5 oz	2.5 oz	3oz	WG CN Fish Sticks 4 Sticks = 2 oz M/MA & 2 oz eq Grain	2	3	4	Diced Chicken #276780 2.5 oz = 2 oz M/MA	1.25 oz	1.9 oz	2.5 oz	
	(Or) Turkey Meatballs 6 Meatballs = 1.5 oz M/MA	4	6	8																	
	WG Roll	1/2	1	1	WG Rotini Pasta Italian	1/4C	1/4C	1/2C	WG Tostada	2	2	3	WW Bread	1/2	1/2	1	Brown Rice	1/4C	1/4C	1/2C	
	BBQ Sauce	Cond	Cond	Cond	Dressing/Shredded Cheddar	Cond	Cond	Cond	Salsa/Shredded Cheddar	Cond	Cond	Cond					Teriyaki Sauce	Cond	Cond	Cond	
	Mandarin Oranges	1/8C	1/4C	1/4C	Fresh Apple Slices	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C	
	Diced Carrots	1/8C	1/4C	1/2C	Frozen Peppers	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Parmesan Roasted Broccoli	1/8C	1/4C	1/2C	Stirfry Veggies	1/8C	1/4C	1/2C	
<b>P.M. SNACK:</b>	Water			Water				Water				Water				Water					
<b>CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD</b>	WG Soft Pretzel	1/2	1/2	1	WG Corn Loaf	1/2	1/2	1	WG Goldfish Crackers	20 (1/4C)	20 (1/4C)	40 (1/2C)	Apple Cinnamon Chickpea Butter Cup	1 ea	1 ea	1 ea	WG Animal Crackers	1/2 bag	1/2 bag	1 bag	
	String Cheese	1/2	1/2	1	Diced Pears	1/2C	1/2C	3/4C	Cucumber Slices or Carrot Sticks Ranch	1/2C	1/2C	3/4C	WG Tortilla	1/2	1/2	1	Fresh Apple Slices	1 bag	1 bag	2 bags	
<b>JUICE/FRUIT VEGETABLE</b>																					

(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)  
**Meatballs are to be cut for ALL ages**  
**String Cheese cut in strips 1-4 years**  
**Raw carrots are steamed**  
**All canned fruits are drained**

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Meal	July 13th				July 14th				July 15th				July 16th				July 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
Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	
<b>BREAKFAST:</b>	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 Waffle	1/2	1/2	1	WG Toasted Oats Cereal	1/2C	1/2C	1C	WG Apple Cinnamon Loaf	1/2	1/2	1	Cinnamon Raisin Bread	1/2	1/2	1	WG French Toast Sticks	1	1	2
	Warm Mixed Berries	1/4C	1/2C	1/2C	Peaches	1/4C	1/2C	1/2C	Banana	1/2	1	1	Frozen Mango	1/4C	1/2C	1/2C	Fresh Apple Slices	1/2 bag	1 bag	1 bag
<b>LUNCH:</b>	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	<b>Turkey Stacker</b>				<b>WG CN Chicken Nugget Dippers</b>	3	4	5	<b>Chicken Quesadilla</b>				<b>Chicken Griller</b>				<b>WG Flatbread Pizza</b>			
	Deli Turkey #290430 5 slices= 2 oz M/MA	2	3	4	5 Nuggets = 2 oz M/MA & 2 oz eq Grain				Diced Chicken #276780 2.5 oz = 2 oz M/MA	1.25 oz	1.9 oz	2.5 oz	Grilled Chicken Patty	1/2 Patty	1 Patty	1 Patty	Shredded Mozzarella	1 oz	1.5 oz	2 oz
	American Cheese Slice	1/2	1	1					WG Tortilla	1/2	1/2	1	WG Hamburger Roll	1/2	1	1	WG Flatbread Squares	4 sq	4 sq	4 sq
	WG Slider Roll	1	1	1					Salsa/Shredded Cheddar	Cond	Cond	Cond	Mayo	Cond	Cond	Cond	Marinara	Cond	Cond	Cond
	Honey Mustard	Cond	Cond	Cond	Ketchup	Cond	Cond	Cond	Mandarin Oranges	1/8C	1/4C	1/4C	Applesauce	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C
	Diced Pears	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Corn	1/8C	1/4C	1/2C	Vegetarian Beans	1/8C	1/4C	1/2C	Carrot Sticks	1/8C	1/4C	1C
	Dr Praeger Broccoli Bites	2 bites	3 bites	6 bites	Krinkle Fries	1/8C	1/4C	1/2C												
<b>P.M. SNACK:</b>	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	Yogurt	1/4C	1/4C	1/2C	Townhouse Crackers	4 ea	4 ea	8 ea	WG Tortilla Chips	4 ea	4 ea	8 ea	Vanilla Bear Grahams	1/2 pack	1/2 pack	1 pack	Graham Crackers #432190	2 ea	2 ea	4 ea
	WG Granola	1/2 bag	1/2 bag	1 bag	Sliced Cheese	1/2	1/2	1	Guacamole	Cond	Cond	Cond	Clementines	1.5	1.5	2	Banana	1	1	1 1/2
JUICE/FRUIT VEGETABLE									Red Pepper Strips or Carrot Sticks	1/2C	1/2C	3/4C								

(WG)=Whole Grain (TBL)=Tablespoon (CN)= Child Nutrition (PK)= Packet (C)=Cup (Cond)= Condiment (SL) = Slices	<p>All milk served is unflavored 12-23 months Whole Milk (unflavored) 24-60 months 1% Milk (unflavored) 5 years and older 1% Milk (unflavored) <b>Meatballs are to be cut for ALL ages</b></p> <p><b>String Cheese cut in strips 1-4 years</b> <b>Raw carrots are steamed</b> <b>All canned fruits are drained</b></p>
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Meal	July 20th				July 21st				July 22nd				July 23rd				July 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	
Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk		
<b>BREAKFAST:</b>	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 Biscuit	1/2	1/2	1	GF Chex Cereal	3/4C	3/4C	11/4C	Yogurt	1/4C	1/4C	1/2C	WG Blueberry Muffin	1/2	1/2	1	WG Waffle	1/2	1/2	1	
	Jelly	Cond	Cond	Cond	Fruit Cocktail	1/4C	1/2C	1/2C	Banana	1/2	1	1	Frozen Mango	1/4C	1/2C	1/2C	Warm Mixed Berries	1/4C	1/2C	1/2C	
<b>LUNCH:</b>	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	<b>Chicken Parm Sandwich</b> CN Chicken Patty #276770 3.19 oz Patty = 2 oz MMA & 1 oz eq Grain	1/2 Patty	1 Patty	1 Patty	<b>BBQ Meatball Sub</b> CN Chicken Meatball 3 Meatballs = 2.5 oz M/MA (Or) Turkey Meatballs 6 Meatballs = 1.5 oz M/MA	2	3	3	<b>Spiral Pasta Salad</b> Diced Turkey Ham #290750 1.5 oz = 1 oz M/MA	1.5oz	2.25oz	3 oz	<b>Taco Pizza</b> CN Beef Crumble 2.20 oz Crumbles = 2 oz M/MA	1.5 oz	2.5 oz	3oz	<b>Fish Sticks</b> WG CN Fish Sticks 4 Sticks = 2 oz M/MA & 2 oz eq Grain	2	3	4	
	WG Hamburger Roll	1/2	1	1	WG Roll	1/2	1	1	WG Rotini Pasta Italian	1/4C	1/4c	1/2C	WG Tostada	2	2	3	WW Bread	1/2	1/2	1	
	Marinara/Shredded Mozz	Cond	Cond	Cond	BBQ Sauce	Cond	Cond	Cond	Dressing/Shredded Cheddar	Cond	Cond	Cond	Salsa/Shredded Cheddar	Cond	Cond	Cond					
	Peaches	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C	Fresh Apple Slices	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	
	Green Beans	1/8C	1/4C	1/2C	Diced Carrots	1/8C	1/4C	1/2C	Frozen Peppers	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Parmesan Roasted Broccoli	1/8C	1/4C	1/2C	
<b>P.M. SNACK:</b>	Water				Water				Water				Water				Water				
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	WG Soft Pretzel	1/2	1/2	1	WG Corn Loaf	1/2	1/2	1	WG Goldfish Crackers	20 (1/4C)	20 (1/4C)	40 (1/2C)	Banana Sushi Roll				WG Animal Crackers	1/2 bag	1/2 bag	1 bag	
	String Cheese	1/2	1/2	1	Diced Pears	1/2C	1/2C	3/4C	Cucumber Slices or Carrot Sticks Ranch	1/2C	1/2C	3/4C	Apple Cinnamon Chickpea Butter Cup	1 ea	1 ea	1 ea					
JUICE/FRUIT VEGETABLE													WG Tortilla	1/2	1/2	1					
													Banana	1/2	1/2	1	Fresh Apple Slices	1 bag	1 bag	2 bags	

(WG)=Whole Grain  
(TBL)=Tablespoon  
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(PK)= Packet  
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(Cond)= Condiment  
(SL) = Slices

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5 years and older 1% Milk (unflavored)  
**Meatballs are to be cut for ALL ages**  
**String Cheese cut in strips 1-4 years**  
**Raw carrots are steamed**  
**All canned fruits are drained**

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Meal	July 27th				July 28th				July 29th				July 30th				July 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
Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	Milk Type	Whole/1%	1% Milk	1% Milk	
<b>BREAKFAST:</b>	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 Toasted Oats Cereal	1/2C	1/2C	1C	WG Apple Cinnamon Loaf	1/2	1/2	1	Cinnamon Raisin Bread	1/2	1/2	1	WG French Toast Sticks	1	1	2	WG Biscuit	1/2	1/2	1
	Fresh Apple Slices	1/2 bag	1 bag	1 bag	Frozen Mango	1/4C	1/2C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C	Fresh Apple Slices	1/2 bag	1 bag	1 bag	Jelly	Cond	Cond	Cond
<b>LUNCH:</b>	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	<b>Chicken Teriyaki</b>				<b>Turkey Stacker</b>				<b>WG CN Chicken Nugget Dippers</b>	3	4	5	<b>Chicken Quesadilla</b>				<b>Chicken Griller</b>			
	Diced Chicken #276780 2.5 oz = 2 oz M/MA	1.25 oz	1.9 oz	2.5 oz	Deli Turkey #290430 5 slices= 2 oz M/MA	2	3	4	5 Nuggets = 2 oz M/MA & 2 oz eq Grain				Diced Chicken #276780 2.5 oz = 2 oz M/MA	1.25 oz	1.9 oz	2.5 oz	Grilled Chicken Patty	1/2 Patty	1 Patty	1 Patty
	Brown Rice	1/4C	1/4C	1/2C	American Cheese Slice	1/2	1	1				WG Tortilla	1/2	1/2	1	WG Hamburger Roll	1/2	1	1	
	Teriyaki Sauce	Cond	Cond	Cond	WG Slider Roll	1	1	1	Ketchup	Cond	Cond	Cond	Salsa/Shredded Cheddar	Cond	Cond	Cond	Mayo	Cond	Cond	Cond
	Mandarin Oranges	1/8C	1/4C	1/4C	Honey Mustard	Cond	Cond	Cond	Applesauce	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C
	Stirfry Veggies	1/8C	1/4C	1/2C	Diced Pears	1/8C	1/4C	1/4C	Krinkle Fries	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Vegetarian Beans	1/8C	1/4C	1/2C
					Dr Praeger Broccoli Bites	2 bites	3 bites	6 bites												
<b>P.M. SNACK:</b>	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	Yogurt	1/4C	1/4C	1/2C	Townhouse Crackers	4 ea	4 ea	8 ea	WG Tortilla Chips	4 ea	4 ea	8 ea	Vanilla Bear Grahams	1/2 pack	1/2 pack	1 pack	Graham Crackers #432190	2 ea	2 ea	4 ea
	WG Granola	1/2 bag	1/2 bag	1 bag	Sliced Cheese	1/2	1/2	1	Guacamole	Cond	Cond	Cond	Clementines	1.5	1.5	2	Banana	1	1	1 1/2
JUICE/FRUIT VEGETABLE								Red Pepper Strips or Carrot Sticks	1/2C	1/2C	3/4C									

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