

Meal	September 7th				September 8th				September 9th				September 10th				September 11th			
	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
BREAKFAST:					Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD					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
					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	Mandarin Oranges	1/4C	1/2C	1/2C
LUNCH:					Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz
					Taco Pizza				Chicken Teriyaki				Turkey Stacker				WG CN Chicken Nugget Dippers	3	4	5
MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER					CN Beef Crumble <i>2.20 oz Crumbles = 2 oz M/MA</i>	1.5 oz	2.5 oz	3oz	Diced Chicken #276780 <i>2.5 oz = 2 oz M/MA</i>	1.25 oz	1.9 oz	2.5 oz	Deli Turkey #290430 <i>5 slices= 2 oz M/MA</i>	2	3	4	<i>5 Nuggets = 2 oz M/MA & 2 oz eq Grain</i>			
					WG Tostada	2	2	3	Brown Rice	1/4C	1/4C	1/2C	American Cheese Slice WG Slider Roll	1/2 1	1 1	1 1	Ketchup	Cond	Cond	Cond
					Salsa/Shredded Cheddar	Cond	Cond	Cond	Teriyaki Sauce	Cond	Cond	Cond	Honey Mustard	Cond	Cond	Cond	Applesauce	1/8C	1/4C	1/4C
					Diced Pears	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Krinkle Fries	1/8C	1/4C	1/2C
					Corn	1/8C	1/4C	1/2C	Stirfry Veggies	1/8C	1/4C	1/2C	Dr Praeger Broccoli Bites	2 bites	3 bites	6 bites				
P.M. SNACK:					Water				Water				Water				Water			
					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
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD									Guacamole	Cond	Cond	Cond								
JUICE/FRUIT VEGETABLE					Sliced Cheese	1/2	1/2	1	Red Pepper Strips or Carrot Sticks	1/2C	1/2C	3/4C	Clementines	1.5	1.5	2	Banana	1	1	1 1/2

(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 Turkey Sticks cut in strips 1-4 years Raw carrots are steamed All canned fruits are drained
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Seconds will be served upon child's request



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Meal	September 14th				September 15th				September 16th				September 17th				September 18th			
	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
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	11/4C	WG Waffle	1/2	1/2	1	WG Apple Cinnamon Loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1	Turkey Sausage Patty	1/2	1/2	1
	Diced Pears	1/4C	1/2C	1/2C	Warm Mixed Berries	1/4C	1/2C	1/2C	Applesauce	1/4C	1/2C	1/2C	Jelly Fruit Cocktail	Cond 1/4C	Cond 1/2C	Cond 1/2C	Sweet Potato Tots	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	Sloppy Joe				Chicken Spaghetti				Taco Bowl				WG CN Mac & Cheese #341250	1/3C (3 oz)	1/2C (4.5 oz)	2/3C (6 oz)	Nugget Dippers			
	CN Beef Crumble 3 oz Crumbles = 2 oz M/MA	1.5 oz	2.25 oz	3 oz	Diced Chicken #276780 2.5 oz = 2 oz M/MA	1.25 oz	2.0 oz	2.5 oz	CN Beef Crumble 3 oz Crumbles = 2 oz M/MA	1.5 oz	2.25 oz	3 oz					WG CN Chicken Nuggets 5 Nuggets = 2 oz M/MA & 2 oz eq Grain	3	4	5
	WG Hamburger Roll	1/2	1/2	1	WG Pasta	1/4C	1/4C	1/2C	Brown Rice	1/4C	1/4C	1/2C					WG Breading			
	Sloppy Joe Sauce	Cond	Cond	Cond	Marinara	Cond	Cond	Cond	Shredded Cheddar/Salsa	Cond	Cond	Cond					Ketchup	Cond	Cond	Con
	Fruit Cocktail	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Frozen Mango	1/8C	1/4C	1/4C
	Krinkle Fries	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Mixed Vegetables	1/8C	1/4C	1/2C	Vegetarian Beans	1/8C	1/4C	1/2C
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	Soft Pretzel	1/2	1/2	1	Vanilla Bear Grahams	1/2 pack	1/2 pack	1 pack	Townhouse Crackers	4 ea	4 ea	8 ea	Yogurt	1/4C	1/4C	1/2C	Veggie Cracker	1/2 pack	1/2 pack	1 pack
	Turkey Stick	1/2 stick	1/2 stick	1 stick	Banana	1	1	1 1/2	Sliced Cheese	1/2	1/2	1	That's It Apple Crunchers	1 bag	1 bag	1 1/2 bag				
JUICE/FRUIT VEGETABLE																	Baked Carrot Sticks Ranch	6 Cond	6 Cond	9 Cond

(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
Turkey Sticks cut in strips 1-4 years
Raw carrots are steamed
All canned fruits are drained

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Meal	September 21st				September 22nd				September 23rd				September 24th				September 25th			
	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
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 French Toast Sticks	1	1	2	Yogurt	1/4C	1/4C	1/2C	WG Toasted Oat Cereal	1/2C	1/2C	1C	WG Blueberry Muffin	1/2	1/2	1	Cinnamon Raisin Bread	1/2	1/2	1
	Fresh Apple Slices	1/2 bag	1 bag	1 bag	Frozen Mixed Berries	1/4C	1/2C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C	Pears	1/4C	1/2C	1/2C	Peaches	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 Roll Up				WG Pizza Bites				Chicken Mashed Potato Bowl				BBQ Meatball Sub				Toasty Cheese Triangles & Tomato Soup			
	WG CN Fish Sticks <i>4 Sticks = 2 oz M/MA & 1.5 oz eq Grain</i>	2	3	4	Shredded Mozzarella	0.5 oz	1 oz	1 oz	WG CN Chicken Nuggets <i>5 Nuggets = 2 oz M/MA & 2 oz eq Grain</i>	3	4	5	CN Chicken Meatball <i>3 Meatballs = 2.5 oz M/MA</i>	2	3	3	Shredded Cheddar	1 oz	1.5 oz	2 oz
					CN Beef Crumble	0.75 oz	0.75 oz	1.5 oz					(Or) Turkey Meatballs <i>6 Meatballs = 1.5 oz M/MA</i>	4	6	8				
	WG Tortilla	1/2	1/2	1	WG English Muffin	1/2 ea	1/2 ea	1 ea	WG Breading				WG Roll	1/2	1	1	WG Tortilla	1/2	1	1
	Mayo	Cond	Cond	Cond	Marinara	Cond	Cond	Cond	Gravy/Shredded Cheddar	Cond	Cond	Cond	BBQ Sauce	Cond	Cond	Cond	Tomato Soup	Cond	Cond	Cond
	Banana	1/4	1/2	1/2	Applesauce	1/8C	1/4C	1/4C	Mashed Potatoes	1/8C	1/4C	1/4C	Fresh Apple Slices	1/4 bag	1/2 bag	1/2 bag	Diced Pears	1/8C	1/4C	1/4C
	Parmesan Roasted Broccoli	1/8C	1/4C	1C	Diced Carrots	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C
P.M. SNACK:	Water				Water				Water Cheezy Pinwheel				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	WG Cinnamon Bug Bite Crackers	1/2 bag	1/2 bag	1 bag	Cinnamon Raisin Bread	1/2	1/2	1	WG Tortilla	1/2	1/2	1	Pizza Cracker (MJM)	1/2 bag	1/2 bag	1 bag	WG Corn Loaf	1/2	1/2	1
	Frozen Mango	1/2C	1/2C	3/4C	Fresh Apple Slices	1 bag	1 bag	2 bags	Sliced Cheese	1	1	2	String Cheese	1/2	1/2	1	Applesauce	1/2C	1/2C	3/4C
JUICE/FRUIT VEGETABLE																				

(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 Turkey Sticks cut in strips 1-4 years
	Raw carrots are steamed All canned fruits are drained

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Meal	September 28th				September 29th				September 30th				October 1st				October 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
	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
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	11/4C	WG Waffle	1/2	1/2	1	WG Apple Cinnamon Loaf	1/2	1/2	1	WG Biscuit	1/2	1/2	1	Turkey Sausage Patty	1/2	1/2	1
	Peaches	1/4C	1/2C	1/2C	Warm Mixed Berries	1/4C	1/2C	1/2C	Applesauce	1/4C	1/2C	1/2C	Jelly Fruit Cocktail	Cond 1/4C	Cond 1/2C	Cond 1/2C	Sweet Potato Tots	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	Teriyaki Chicken Wrap				Sloppy Joe				Chicken Spaghetti				Taco Bowl				WG CN Mac & Cheese #341250			
	Diced Chicken #276780 3 oz = 2 oz M/MA	1.5 oz	2.25 oz	3 oz	CN Beef Crumble 3 oz Crumbles = 2 oz M/MA	1.5 oz	2.25 oz	3 oz	Diced Chicken #276780 2.5 oz = 2 oz M/MA	1.25 oz	2.0 oz	2.5 oz	CN Beef Crumble 3 oz Crumbles = 2 oz M/MA	1.5 oz	2.25 oz	3 oz	6 oz weight serving = 2 oz M/MA & 1 oz eq Grain	1/3C (3 oz)	1/2C (4.5 oz)	2/3C (6 oz)
	WG Tortilla	1/2	1/2	1	WG Hamburger Roll	1/2	1/2	1	WG Pasta	1/4C	1/4C	1/2C	Brown Rice	1/4C	1/4C	1/2C				
	Teriyaki Sauce	Cond	Cond	Cond	Sloppy Joe Sauce	Cond	Cond	Cond	Marinara	Cond	Cond	Cond	Shredded Cheddar/Salsa	Cond	Cond	Cond				
	Mandarin Oranges	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	Frozen Mango	1/8C	1/4C	1/4C
	Cucumber Slices	1/8C	1/4C	1/2C	Krinkle Fries	1/8C	1/4C	1/2C	Peas	1/8C	1/4C	1/2C	Corn	1/8C	1/4C	1/2C	Mixed Vegetables	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 VEGETABLE	Soft Pretzel	1/2	1/2	1	Vanilla Bear Grahams	1/2 pack	1/2 pack	1 pack	Townhouse Crackers	4 ea	4 ea	8 ea	Yogurt	1/4C	1/4C	1/2C	Veggie Cracker	1/2 pack	1/2 pack	1 pack
	Turkey Stick	1/2 stick	1/2 stick	1 stick	Banana	1	1	1 1/2	Sliced Cheese	1/2	1/2	1	That's It Apple Crunchers	1 bag	1 bag	1 1/2 bag	Baked Carrot Sticks Ranch	6 Cond	6 Cond	9 Cond

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5 years and older 1% Milk (unflavored)

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Turkey Sticks cut in strips 1-4 years

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All canned fruits are drained

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