

Meal	October 5th				October 6th				October 7th				October 8th				October 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
	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
	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C	Frozen Mixed Berries	1/4C	1/2C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C	Diced Pears	1/4C	1/2C	1/2C	Banana	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	Nugget Dippers				Fish Roll Up				WG Pizza Bites				Chicken Mashed Potato Bowl				BBQ Meatball Sub			
	WG CN Chicken Nuggets <i>5 Nuggets = 2 oz M/MA & 2 oz eq Grain</i>	3	4	5	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
									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 Roll	1/2	1	1
	Ketchup	Cond	Cond	Con	Mayo	Cond	Cond	Cond	Marinara	Cond	Cond	Cond	Gravy/Shredded Cheddar	Cond	Cond	Cond	BBQ Sauce	Cond	Cond	Cond
	Peaches	1/8C	1/4C	1/4C	Banana	1/4	1/2	1/2	Applesauce	1/8C	1/4C	1/4C	Mashed Potatoes	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C
	Vegetarian Beans	1/8C	1/4C	1/2C	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
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	Apple Slices	1 bag 1/2C	1 bag 1/2C	2 bags 3/4C	Sliced Cheese Salsa	1 Cond	1 Cond	2 Cond	String Cheese	1/2	1/2	1	Applesauce	1/4C	1/2C	1/2C

(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	October 12th				October 13th				October 14th				October 15th				October 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
	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	1 1/4C	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	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 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	Toasty Cheese Triangles & Tomato Soup				Teriyaki Chicken Wrap				Sloppy Joe				Chicken Spaghetti				Taco Bowl			
	Shredded Cheddar	1 oz	1.5 oz	2 oz	Diced Chicken #276780 2.5 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
	WG Tortilla	1/2	1	1	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
	Tomato Soup	Cond	Cond	Cond	Teriyaki Sauce	Cond	Cond	Cond	Sloppy Joe Sauce	Cond	Cond	Cond	Marinara	Cond	Cond	Cond	Shredded Cheddar/Salsa	Cond	Cond	Cond
	Diced Pears	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Frozen Mango	1/8C	1/4C	1/4C
	Green Beans	1/8C	1/4C	1/2C	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
P.M. SNACK:	Water				Water				Water				Water				Water			
CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/ BREAD	Soft Pretzel	1/2	1/2	1	Veggie Cracker	1/2 pack	1/2 pack	1 pack	Townhouse Crackers	4 ea	4 ea	8 ea	Yogurt	1/4C	1/4C	1/2C	Vanilla Bear Grahams	1/2 pack	1/2 pack	1 pack
	Turkey Stick	1/2 stick	1/2 stick	1 stick					Sliced Cheese	1/2	1/2	1	That's It Apple Crunchers	N/A	1 bag	1 1/2 bag	Applesauce	1/4C	1/2C	1/2C
					Baked Carrot Sticks Ranch	6 Cond	6 Cond	9 Cond					Mandarin Oranges	1/4C	N/A	N/A				

(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	October 19th				October 20th				October 21st				October 22nd				October 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
	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
	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C	Frozen Mixed Berries	1/4C	1/2C	1/2C	Fruit Cocktail	1/4C	1/2C	1/2C	Diced Pears	1/4C	1/2C	1/2C	Banana	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	WG CN Mac & Cheese #341250				Nugget Dippers				Fish Roll Up				WG Pizza Bites				Chicken Mashed Potato Bowl			
	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 CN Chicken Nuggets 5 Nuggets = 2 oz M/MA & 2 oz eq Grain	3	4	5	WG CN Fish Sticks 4 Sticks = 2 oz M/MA & 1.5 oz eq Grain	2	3	4	Shredded Mozzarella	0.5 oz	1 oz	1 oz	WG CN Chicken Nuggets 5 Nuggets = 2 oz M/MA & 2 oz eq Grain	3	4	5
					Ketchup	Cond	Cond	Con	WG Tortilla	1/2	1/2	1	CN Beef Crumble	0.75 oz	0.75 oz	1.5 oz	Gravy/Shredded Cheddar	Cond	Cond	Cond
	Diced Pears	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C	Mayo	Cond	Cond	Cond	WG English Muffin	1/2 ea	1/2 ea	1 ea	Mashed Potatoes	1/8C	1/4C	1/4C
	Mixed Vegetables	1/8C	1/4C	1/2C	Vegetarian Beans	1/8C	1/4C	1/2C	Banana	1/4	1/2	1/2	Marinara	Cond	Cond	Cond	Corn	1/8C	1/4C	1/2C
									Parmesan Roasted Broccoli	1/8C	1/4C	1C	Diced Carrots	1/8C	1/4C	1/2C				
P.M. SNACK:	Water				Water				Water				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	Cheezy Pinwheel				Pizza Cracker (MJM)	1/2 bag	1/2 bag	1 bag	WG Corn Loaf	1/2	1/2	1
									WG Tortilla	1/2	1/2	1								
JUICE/FRUIT VEGETABLE	Frozen Mango	1/2C	1/2C	3/4C	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 1/2C	Sliced Cheese Salsa	1 Cond	1 Cond	2 Cond	String Cheese	1/2	1/2	1	Applesauce	1/4C	1/2C	1/2C

(WG)=Whole Grain	All milk served is unflavored
(TBL)=Tablespoon	12-23 months Whole Milk (unflavored)
(CN)= Child Nutrition	24-60 months 1% Milk (unflavored)
(PK)= Packet	5 years and older 1% Milk (unflavored)
(C)=Cup	Meatballs are to be cut for ALL ages
(Cond)= Condiment	String Cheese cut in strips 1-4 years
(SL) = Slices	Turkey Sticks cut in strips 1-4 years
	Raw carrots are steamed
	All canned fruits are drained

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Meal	October 26th				October 27th				October 28th				October 29th				October 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
	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	Apple Slices	1/2 bag 1/4C	1 bag 1/2C	1 bag 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	BBQ Meatball Sub				Cheese Toasty and Tomato Soup				Teriyaki Chicken Wrap				Sloppy Joe				Chicken Spaghetti			
	CN Chicken Meatball <i>3 Meatballs = 2.5 oz M/MA</i>	2	3	3	American Cheese	2 slices	3 slices	4 slices	Diced Chicken #276780 <i>2.5 oz = 2 oz M/MA</i>	1.5 oz	2.25 oz	3 oz	CN Beef Crumble <i>3 oz Crumbles = 2 oz M/MA</i>	1.5 oz	2.25 oz	3 oz	Diced Chicken #276780 <i>2.5 oz = 2 oz M/MA</i>	1.25 oz	2.0 oz	2.5 oz
	(Or) Turkey Meatballs 6 <i>Meatballs = 1.5 oz M/MA</i>	4	6	8																
	WG Roll	1/2	1	1	WG English Muffin	1/2 Muffin	1 Muffin	1 Muffin	WG Tortilla	1/2	1/2	1	WG Hamburger Roll	1/2	1/2	1	WG Pasta	1/4C	1/4C	1/2C
	BBQ Sauce	Cond	Cond	Cond	Tomato Soup	Cond	Cond	Cond	Teriyaki Sauce	Cond	Cond	Cond	Sloppy Joe Sauce	Cond	Cond	Cond	Marinara	Cond	Cond	Cond
	Frozen Mango	1/8C	1/4C	1/4C	Diced Pears	1/8C	1/4C	1/4C	Mandarin Oranges	1/8C	1/4C	1/4C	Fruit Cocktail	1/8C	1/4C	1/4C	Peaches	1/8C	1/4C	1/4C
	Corn	1/8C	1/4C	1/2C	Green Beans	1/8C	1/4C	1/2C	Cucumber Slices	1/8C	1/4C	1/2C	Krinkle Fries	1/8C	1/4C	1/2C	Peas	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	Veggie Cracker	1/2 pack	1/2 pack	1 pack	Townhouse Crackers	4 ea	4 ea	8 ea	Yogurt	1/4C	1/4C	1/2C	Vanilla Bear Grahams	1/2 pack	1/2 pack	1 pack
	Turkey Stick	1/2 stick	1/2 stick	1 stick					Sliced Cheese	1/2	1/2	1	That's It Apple Crunchers Mandarin Oranges	N/A 1/4C	1 bag N/A	1 1/2 bag N/A	Applesauce	1/4C	1/2C	1/2C
					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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