



EAT. GROW. THRIVE.

Foodservice Menu

	1-2 YRS	3-5 YRS	6+ YRS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Toasted Oats Cereal	Plain Bagel (1.3 oz)	WG Life Cereal	WG Nut-Free Granola	WG Banana Bread (1.5 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Mango	Fresh Banana (1/2)	Fresh Apple Wedges (6)	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	(4) Chicken Nuggets	Beef Taco Meat (Seasoned Ground Beef)	Chicken Paprikash (2 oz. Diced Chicken, 1 oz. Sauce)	Beef and Pasta (1 1/2 oz. Ground Beef, 2 1/2 oz. WG Rotini, 2 oz. Sauce)	Chicken Philly (2 oz. Sliced Chicken 1 oz. Peppers and Onions)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Creamed Spinach (2 oz. Spinach, 1 oz. Sauce)	Shredded Lettuce/Cheese	WG Brown Rice	Roasted Broccoli	Romaine Salad
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Fresh Apple Wedges (4)	Au Gratin Potatoes	Green Peas	Fresh Kiwi Fruit	Fresh Banana (1/2)
FRUIT	1/8 c.	1/4 c.	1/3 c.	WG Cornbread	Pineapple Tidbits	Fresh Orange Wedges (3)		WG Hot Dog Bun
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Pretzel Sticks	Club Crackers	WG Roll	Teddy Grahams	100% Very Berry Juice
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	100% Orange Juice		Tomato Cucumber Salad	Applesauce	Pasta Salad
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		Cheddar Stick			

MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Corn Flakes Cereal	Raisin Bread	WG Rice Chex Cereal	Bagel w/ Cream Cheese	WG Apple Muffin (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Fresh Kiwi Fruit	Fresh Banana (1/2)	Fresh Apple Wedges (6)	Sliced Peaches
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Parsley Lemon Chicken (2 oz Sliced Chicken Breast 1 oz. Sauce)	Chicken Quesadilla Roll (1 1/2 oz. Diced Chicken Breast 1/2 oz. Cheese, 1 oz. WG Tortilla)	Meatballs Stroganoff (4 Beef Meatballs, 1 oz. Sauce)	Grilled Chicken Breast	Beef Enchilada (Beef, Onions, Cheese, Sauce WG Tortilla)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Zucchini and Tomatoes	Carrots	Egg Noodles	WG Spanish Rice	Broccoli
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Green Beans	Black Beans	Fresh Banana (1/2)
FRUIT	1/8 c.	1/4 c.	1/3 c.	WG Roll		Fresh Melon	Pineapple Tidbits	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers	Saltine Crackers	WG Roll	Goldfish Crackers	WG Nut-Free Granola
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	100% Fruit/Vegetable Punch	String Cheese	Carrots and Ranch	100% Apple Juice	Fresh Blueberries
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					Vanilla Yogurt

*Serve only WHOLE MILK to children between the ages of 1 and 2. Serve only 1% or SKIM MILK to children ages 2 and older.

** Meat and Cheese: 1 oz.=1 ounce, 1/2 EGG=1 oz., 1/2 c. BEANS/PEAS=1 oz., 2 Tbsp SEED BUTTER=1 oz., 1/2 c. YOGURT=1 oz.

WG next to item=WHOLE GRAIN. At least 1 item per day MUST be whole grain

oz eq=OUNCE EQUIVALENT

WATER IS AVAILABLE UPON CHILDREN'S REQUEST AT ALL TIMES

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MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Crispy Rice Cereal	Plain Bagel (1.3 oz)	WG Special K Cereal	WG Nut-Free Granola	WG Carrot Raisin Bread
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Mango	Fresh Banana (1/2)	Fresh Apple Wedges (6)	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Taco Casserole (Seasoned Beef and Beans, Elbows, Cheddar Cheese)	Pineapple Chicken (2 oz. Grilled Chicken, 1 oz. Sauce)	Sloppy Joe Meat (1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce)	BBQ Chicken (2 oz. Chicken Thigh Meat)	1/2 Turkey Sandwich (2 oz. Turkey and Cheese)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq		WG Brown Rice	WG Bun	Rotini Alfredo	Wheat Bread (1 slice)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Romaine Salad	Roasted Sweet Potatoes	Green Peas	Baked Bean Trio	Potato Salad
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Sliced Peaches	Mandarin Orange Segments	Fresh Kiwi Fruit	Fresh Banana
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Mini Pretzels	WG Wheat Thins	Pita Triangles	WG Sun Chips	WG Tortilla (1 oz.) Roll up
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.					Diced Vegetables (1/8 c.)
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	100% Grape Juice	Cheddar Stick	Cucumbers and Dip	100% Orange Juice	Cream Cheese (1/2 oz.)

MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Shredded Wheat Cereal	WG Cranberry Cornbread (1.5 oz)	WG Kix Cereal	Bagel w/ Cream Cheese	WG Blueberry Muffin (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Fresh Kiwi Fruit (1/2 c)	Fresh Banana (1/2)	Fresh Apple Wedges (6)	Sliced Pears (1/2 c)
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Fajita (1 1/2 oz. Sliced Chicken, 1 oz. WG Tortilla)	Meatballs Sub* (4 Beef Meatballs (2 oz.) Spaghetti Sauce)	Macaroni and Cheese* (3 oz Cheddar Cheese Sauce, 3 oz WG Elbow Macaroni)	Beef Patty American Cheese	Sliced Teriyaki Chicken (Chicken Thigh Meat)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq				WG Burger Bun	1/4 c-WG Brown Rice
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Mexicorn	Romaine Salad	Green Beans	Potato Wedges	Broccoli Stir Fry
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Sliced Pears	Fresh Melon	Pineapple Tidbits	Fresh Banana (1/2)
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers	Ritz Crackers	Pita Bread Triangles	Goldfish Crackers	Nut-Free Granola
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	100% Very Berry Juice			100% Fruit Punch	Fresh Strawberries
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese	Chicken Salad		Vanilla Yogurt

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