

Menu for October 29th to November 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		
Breakfast																						
Milk (+2)	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz		
Grain	Bagels(w)	1	1	2	Cheerios	1/2c	1/2c	1c	Pancakes		2	2	3	Toast(w)	1/2slice	1/2slice	1slice					
Meat/MA	*cut in half																Eggs		1	1	1	
Fruit	Banna(f)	1/2	1	1	Pears	1/4c	1/2c	1/2c	Applesauce	1/4c	1/2c	1/2c	Grapes(f)	1/4c	1/2c	1/2c	Strawberries	1/4c	1/2c	1/2c		
AM Snack (non-credible)																						
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz		
Meat/MA																	Cottage cheese	1TB	1TB	1/8c		
Fruit																						
Veg																						
Grain	Saltines	4ea	4ea	7ea	Pretzels	8ea	8ea	16ea	Cheese crackers	10ea	10ea	19ea	Garlic bread		1	1	1					
Lunch																						
Milk	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz	Milk	4oz	6oz	8oz		
Meat/MA	Beef crumble	1oz	1.5oz	2oz	Fish sticks				Shredded chicken	1oz	1.5oz	2oz	Beef hot dog	1/2	1	1	Cheddar cheese	1.5	2	3		
..	w/sloppy jo mix												*2oz				*.75oz slice					
Fruit/Veg	Apples(f)	1/8c	1whole	1whole	Mandarin oranges	1/8c	1/4c	1/4c	Oranges(f)	1/8c	1whole	1whole	Mashed potatoes	1/8c	1/4c	1/4c	Tomato soup	1/8c	1/4c	1/4c		
Veg	Cooked carrots	1/8c	1/4c	1/4c	Green beans	1/8c	1/4c	1/4c	Broccoli	1/8c	1/4c	1/4c	Baked beans	1/8c	1/4c	1/4c	French fries	1/8c	1/4c	1/4c		
..																						
Grain	Hamburger bun	1	1	1	Rice(w)		1	1	1	Rotini(w)	1/4c	1/4c	1/2c	Cornbread	1/4c	1/4c	1/2c	Bread(w)		1	1	1
PM Snack																						
..	Water	4oz	4oz	8oz									Water	4oz	4oz	8oz						
Milk					Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz										
Meat/MA	String cheese	1	1	1						1/4c	1/4c	1/2c	Cottage cheese	1TB	1TB	1/8c						
Fruit	Pretzels	8ea	8ea	16ea									Pineapple	1/2c	1/2c	3/4c	White grape juice	1/2c	1/2c	3/4c		
Veg																						
Grain					Cheese crackers	10ea	10ea	19ea	Garlic bread		1	1	1					Ritz crackers	4ea	4ea	7ea	
(F)= Fresh fruit or vegetable (W)=Whole grain (T.)=Tablespoon						Milk, White, Fluid																
						1-2 yrs- Whole																
						2-12+ yrs- 1%																
																		*seconds will be served upon child's request				