

Menu 1

Ages 1-2	Ages 3-5	Ages 6-12	Morning Snack	Monday	Tuesday	Wednesday	Thursday	Friday
½ c	¾ c	1 c	milk	milk	milk	milk	milk	milk
½ slice or ½ c	½ slice or ½ c	1 slice or 1 c	bread/grain	waffles	cinnamon rolls	cereal	french toast	pancakes
¼ c	½ c	½ c	fruit or vegetable	oranges	apples	bananas	peaches	pears
			Lunch					
½ c	¾ c	1 c	milk	milk	milk	milk	milk	milk
½ slice or ½ c	½ slice or ½ c	1 slice or 1 c	bread/grain	cornbread/rice	macaroni noodles w/cheese	bread <i>Hamburgers</i>	rice	bread
1oz	1 ½ oz	2oz	meat/meat alternate	red beans/sausage	chicken nuggets	sloppy joes <i>Fries or tots</i>	chicken casserole	meat sticks
1/8 c	¼ c	½ c	fruit	pears	peaches	pineapples	<i>sl</i> apples or <i>Asparagus</i>	tropical fruit
1/8 c	¼ c	¼ c	vegetable	peas	green beans	corn	lima beans	hash potatoes
			Afternoon Snack	(Any 2 different meal components)				
½ c	¾ c	1 c	juice, water, or milk	milk	water	milk	juice	milk
½ slice or ½ c	½ slice or ½ c	1 slice or 1 c	bread/grain /bread alternate	graham crackers	rice crispy treats	homemade cookies	cheezits	animal crackers



Menu 2

Ages 1-2	Ages 3-5	Ages 6-12	Morning Snack	Monday	Tuesday	Wednesday	Thursday	Friday
½ c	¾ c	1 c	milk	milk	milk	milk	milk	milk
½ slice or ½ c	½ slice or ½ c	1 slice or 1 c	bread/grain	biscuits	oatmeal <i>or Grds</i>	toast	muffins	pancakes
¼ c	½ c	½ c	fruit or vegetable	peaches	bananas	fruit jelly	blueberries	pears
			Lunch					
½ c	¾ c	1 c	milk	milk	milk	milk	milk	Milk
½ slice or ½ c	½ slice or ½ c	1 slice or 1 c	bread/grain	corn bread/rice	quesadillas	macaroni noodles	rice	bread
1oz	1 ½ oz	2oz	meat/meat alternate	white beans/ham	chicken	meat sauce	<i>Meatballs or turkey chicken/gravy over rice</i>	turkey and cheese
1/8 c	¼ c	½ c	fruit	pineapples	apple sauce	pineapples	pears	peaches
1/8 c	¼ c	¼ c	vegetable	green beans	corn	peas	mixed vegs	carrots
			Afternoon Snack	(Any 2 different meal components)				
½ c	¾ c	1 c	juice, milk or water	water	milk	water	juice	milk
½ slice or ½ c	½ slice or ½ c	1 slice or 1 c	bread/grain /bread alternate	ritz crackers	homemade cookies	tropical fruit	goldfish	vanilla wafers

