



Week 1

Serving Sizes			B r e a k f a s t	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
FRUIT/ VEGETABLE	1/4 c	1/2 c		Applesauce	Mandarin Oranges	100% Apple Juice	Pineapple	100% Cherry Berry Juice
GRAIN/ BREAD	1/2 serv	1/2 serv		Wheat Toast	Waffles	Toasted Oat Cereal	Bagels	Crispy Rice Cereal

Serving Sizes			A M S n a c k	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c		Milk		Water	Milk	
FRUIT/ VEGETABLE	1/2 c	1/2 c			100% Cherry Berry Juice	Cheese Slices		100% Grape Juice
GRAIN/ BREAD	1/2 serv	1/2 serv		Graham Crackers	Cheese Crackers	Fishy Cheese Crackers	Oatmeal Cookie	Animal Crackers
MEAT/ MEAT ALT	1/2 oz	1/2 oz						

Serving Sizes			L u n c h	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
MEAT/ MEAT ALT	1 oz	1 1/2 oz		Turkey Macaroni Casserole	Breaded Chicken Nuggets	Macaroni & Cheese	Cheese Pizza	Bean & Cheese Burrito
GRAIN/ BREAD	1/2 serv	1/2 serv		Macaroni in Casserole	Breading on Nuggets	Macaroni	Crust in Pizza	Flour Tortillas
VEGETABLE	1/8 c	1/4 c		Green Beans	Mashed Potatoes	Broccoli	Oriental Vegetables	Peas & Carrots
FRUIT	1/8 c	1/4 c		Pears	Tropical Fruit Salad	Applesauce	Peaches	Crushed Pineapple
CASSEROLE	1/2 c	1/2 c						

Serving Sizes			P M S n a c k	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c			Milk			Water
FRUIT/ VEGETABLE	1/2 c	1/2 c		100% Apple Juice		Peaches	100% Cherry Berry Juice	Cheese Slices
GRAIN/ BREAD	1/2 serv	1/2 serv		Animal Crackers	Sugar Cookie	Flour Tortilla	Fishy Cheese Crackers	Saltine Crackers
MEAT/ MEAT ALT	1/2 oz	1/2 oz						

-Children 2 and under are served whole milk.
-Children over 2 are served 2% milk.

*Menus are approved by a registered dietitian.



Week 2

Serving Sizes			Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
FRUIT/VEGETABLE	1/4 c	1/2 c		Apple Slices	100% Orange Juice	Mandarin Oranges	Tropical Fruit Salad	Mandarin Oranges
GRAIN/BREAD	1/2 serv	1/2 serv		English Muffins	Toasted Oats Cereal	Corn Flakes	Crispy Rice Cereal	Cinnamon Toast

Serving Sizes			AM Snack					
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c			Milk		Water	
FRUIT/VEGETABLE	1/2 c	1/2 c		100% Cherry Berry Juice		100% Apple Juice	Cheese Slices	100% Cherry Berry
GRAIN/BREAD	1/2 serv	1/2 serv		Fishy Cheese Crackers	Animal Crackers	Ritz Crackers	Flour Tortilla	Graham Crackers
MEAT/MEAT ALT	1/2 oz	1/2 oz						

Serving Sizes			Lunch					
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALT	1 oz	1 1/2 oz		Spaghetti w/ meatsauce	Mexican Chicken	Macaroni & Cheese	Chicken Nuggets	Tuna Noodle Casserole
GRAIN/BREAD	1/2 serv	1/2 serv		Noodles	Rice in Casserole	Macaroni	Breading on Nuggets	Noodles in Casserole
VEGETABLE	1/8 c	1/4 c		Carrots	Green Beans	Oriental Vegetables	Peas & Carrots	Peas
FRUIT	1/8 c	1/4 c		Tropical Fruit Salad	Fruit Mix	Peaches	Applesauce	Crushed Pineapple
CASSEROLE	1/2 c	1/2 c						

Serving Sizes			PM Snack					
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c		Milk		Milk	Milk	Water
FRUIT/VEGETABLE	1/2 c	1/2 c			100% Cherry Berry Juice			Cheese Slices
GRAIN/BREAD	1/2 serv	1/2 serv		Chocolate Chip Cookies	Cheese Crackers	Oatmeal Cookie	Fishy Cheese Crackers	Saltine Crackers
MEAT/MEAT ALT	1/2 oz	1/2 oz						

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Week 3

Serving Sizes			Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
FRUIT/VEGETABLE	1/4 c	1/2 c		100% Cherry Berry Juice	Applesauce	Crushed Pineapple	Pears	100% Orange Juice
GRAIN/BREAD	1/2 serv	1/2 serv		Toasted Oat Cereal	Mini Bagels	Wheat Toast	Waffles	Toasted Oats

Serving Sizes			AM Snack	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c		Milk	Milk	Milk		
FRUIT/VEGETABLE	1/2 c	1/2 c		Animal Crackers	Toasted Oats Cereal	Blueberry Muffins	100% Cherry Berry Juice	100% Apple Juice
GRAIN/BREAD	1/2 serv	1/2 serv					Trail Mix	Biscuits
MEAT/MEAT ALT	1/2 oz	1/2 oz						

Serving Sizes			Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALT	1 oz	1 1/2 oz		Macaroni & Cheese	Teriyaki Chicken	Spaghetti w/ meat sauce	Chili Mac	Pizza
GRAIN/BREAD	1/2 serv	1/2 serv		Macaroni	Rice	Spaghetti Noodles	Macaroni in casserole	Pizza Crust
VEGETABLE	1/8 c	1/4 c		Green Beans	Broccoli	Green Beans	Peas & Carrots	Green Beans
FRUIT	1/8 c	1/4 c		Crushed Pineapple	Applesauce	Peaches	Mandarin Oranges	Tropical Fruit Salad
CASSEROLE	1/2 c	1/2 c						

Serving Sizes			PM Snack	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c					Milk	Milk
FRUIT/VEGETABLE	1/2 c	1/2 c		100% Apple Juice	100% Cherry Berry Juice	100% Apple Juice		Cheese Slices
GRAIN/BREAD	1/2 serv	1/2 serv		Chocolate Chip Cookies	Graham Crackers	Cheese Crackers	Vanilla Wafers	Saltine Crackers
MEAT/MEAT ALT	1/2 oz	1/2 oz						

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Week 4

Serving Sizes			Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
FRUIT/VEGETABLE	1/4 c	1/2 c		Pears	100% Orange Juice	Peaches	100% Cherry Berry Juice	100% Apple Juice
GRAIN/BREAD	1/2 serv	1/2 serv		English Muffins	Toasted Oats Cereal	Pancakes	Crispy Rice Cereal	Corn Flakes

Serving Sizes			AM Snack	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c		Milk		Water	Milk	Milk
FRUIT/VEGETABLE	1/2 c	1/2 c		Applesauce	100% Apple Juice	Applesauce		
GRAIN/BREAD	1/2 serv	1/2 serv		Animal Crackers	Fishy Cheese Crackers	Saltine Crackers	Flour Tortilla	Blueberry Muffins
MEAT/MEAT ALT	1/2 oz	1/2 oz						

Serving Sizes			Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALT	1 oz	1 1/2 oz		Teriyaki Chicken	Goulash	Scalloped Potatoes w/ Turkey	Mexican Chicken	Macaroni & Cheese
GRAIN/BREAD	1/2 serv	1/2 serv		Rice	Noodles in Goulash	Biscuits	Rice	Macaroni
VEGETABLE	1/8 c	1/4 c		Broccoli	Peas	Potatoes in casserole	Green Beans	Carrots
FRUIT	1/8 c	1/4 c		Fruit Mix	Peaches	Crushed Pineapple	Orange Wedges	Crushed Pineapple
CASSEROLE	1/2 c	1/2 c						

Serving Sizes			PM Snack	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c			Milk			Milk
FRUIT/VEGETABLE	1/2 c	1/2 c		100% Cherry Berry Juice		100% Cherry Berry Juice	100% Grape Juice	
GRAIN/BREAD	1/2 serv	1/2 serv		Fishy Cheese Crackers	Animal Crackers	Trail Mix	Cheese Crackers	Oatmeal Cookies
MEAT/MEAT ALT	1/2 oz	1/2 oz						

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Week 5

Serving Sizes			Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
FRUIT/VEGETABLE	1/4 c	1/2 c		Applesauce	100% Orange Juice	Crushed Pineapple	100% Cherry Berry Juice	Peaches
GRAIN/BREAD	1/2 serv	1/2 serv		English Muffins	Toasted Oats Cereal	Waffles	Crispy Rice Cereal	English Muffins

Serving Sizes			AM Snack	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c			Milk	Milk	Water	
FRUIT/VEGETABLE	1/2 c	1/2 c		100% Cherry Berry Juice			Cheese Slices	100% Cherry Berry Juice
GRAIN/BREAD	1/2 serv	1/2 serv		Saltine Crackers	Animal Crackers	Graham Crackers	Flour Tortilla	Fishy Cheese Crackers
MEAT/MEAT ALT	1/2 oz	1/2 oz						

Serving Sizes			Lunch	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	3/4 c		Milk	Milk	Milk	Milk	Milk
MEAT/MEAT ALT	1 oz	1 1/2 oz		Spaghetti w/Meat Sauce	Chicken Noodle Casserole	Mexican Chicken	Chicken Nuggets	Tuna Noodle Casserole
GRAIN/BREAD	1/2 serv	1/2 serv		Spaghetti Noodles	Noodles in casserole	Rice	Breading on Nuggets	Noodles in Casserole
VEGETABLE	1/8 c	1/4 c		Broccoli	Peas	Oriental Vegetables	Broccoli	Green Beans
FRUIT	1/8 c	1/4 c		Tropical Fruit Salad	Applesauce	Peaches	Applesauce	Mandarin Oranges
CASSEROLE	1/2 c	1/2 c						

Serving Sizes			PM Snack	Monday	Tuesday	Wednesday	Thursday	Friday
	1-2 yr	3-5 yr						
MILK	1/2 c	1/2 c		Milk		Milk		Water
FRUIT/VEGETABLE	1/2 c	1/2 c			100% Apple Juice		100% Grape Juice	
GRAIN/BREAD	1/2 serv	1/2 serv		Oatmeal Cookies	Fishy Cheese Crackers	Oatmeal Cookies	Fishy Cheese Crackers	Cheese Crackers
MEAT/MEAT ALT	1/2 oz	1/2 oz						

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