



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 01	Tue 02	Wed 03	Thu 04	Fri 05
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Pancakes*	Bagel *	English Muffin *	Wheat Bread Toast*
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Jelly	Cream Cheese	Jelly	Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	¾ Cup	¾ Cup	½ Cup	Vegetable	Spinach	Diced Broccoli	Diced Tomato	Stir-Fried Vegetables	Shredded Lettuce
					Shredded Carrots	Shredded Carrots	Shredded Lettuce	Bean Sprouts	Diced Tomato
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Teriyaki Chicken	Diced Turkey	Beef Picadillo (Beef Taco)	Chicken Stir-Fried	Beans
							Shredded Cheese		Shredded Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Dinner Roll *	Pasta *	Taco Shell *	Brown Rice	Corn Tostada *
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Italian Dressing			
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk **	Water	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Banana	Tangerines ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here

¹ Toddler accommodations: Apples → Applesauce or Saltine Crackers; Pears → Diced Pears; Sliced Oranges or Fresh Tangerines → Canned Tangerines; Baby Carrots/Carrot Sticks → Shredded Carrots; Corn Tostada/Taco Shell → Corn Tortilla; Tortilla Chips → Saltine Crackers

* Item meets whole-grain-rich requirement

**Children aged 12 to 23 months received unflavored whole milk

"This Institution is an Equal Opportunity Provider."



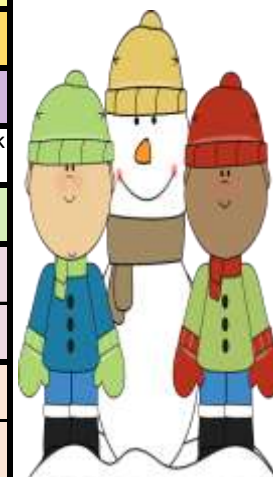
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 08	Tue 09	Wed 10	Thu 11	Fri 12
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Banana
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Banana Muffin *	Waffles *	Low-Fat Yogurt	Raisin Bread *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.			Jelly		Butter
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **
	¼ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	¾ Cup	¾ Cup	½ Cup	Vegetable	Slided Tomato	Mixed Greens Salad	California Blend Veggies	Mixed Vegetables	Baby Carrots ¹
					Lettuce				
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Chicken (Burger)	Diced Turkey	Beef Stroganoff	Chicken Soup	Sunbutter & Jelly
						Shredded Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Buns *	Dinner Roll *	Pasta *	Corn Tortilla *	Wheat Bread*
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Ranch Dressing			Ranch Dressing
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk **	Water	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	Water
	½ Cup	½ Cup	¾ Cup	Fruit					Apples ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Hummus			String Cheese
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *	Saltine Wheat Crackers*	Graham Crackers*	Cold Cereal*	
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* Item meets whole-grain-rich requirement

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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 15	Tue 16	Wed 17	Thu 18	Fri 19
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix	Applesauce in a cup	
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Pancakes*	Bagel *	English Muffin *	
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Jelly	Cream Cheese	Jelly	
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	
	¼ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	
	¾ Cup	¾ Cup	½ Cup	Vegetable	California Blend Veggies	Mixed Veggies	Broccoli	Celery	
						Celery	Carrots	Carrot Sticks	
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	BBQ Chicken	Diced Turkey	Beef Strips	Egg Salad	
	½ oz eq	½ oz eq	1 oz eq	Grain	Wheat Bread*	Whole Grain Cheese Crackers	Brown Rice	Wheat Bread*	
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Mayo		Mayo	
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk **	Water	1% Low-Fat Unflavored Milk **	1% Low-Fat Unflavored Milk **	
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Banana	
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here	


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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 22	Tue 23	Wed 24	Thu 25	Fri 26
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**			
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango			
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Banana Muffin *			
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.					
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**			
	¼ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew			
	¼ Cup	¼ Cup	½ Cup	Vegetable	Spring Salad	Diced Tomato			
						Lettuce			
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Grilled Chicken	Sliced Turkey			
						Sliced Cheddar Cheese			
Snack	½ oz eq	½ oz eq	1 oz eq	Grain	Whole Grain Cheese Crackers	Wheat Bread*			
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Mayo			
	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk**	Water			
	½ Cup	½ Cup	¾ Cup	Fruit					
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Hummus			
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *	Saltine Wheat Crackers*			
Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.					Place Menu Changes sticker here	Place Menu Changes sticker here			

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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 29	Tue 30	Wed 31
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Diced Peaches	Frozen Mango	Canned Tropical Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative	Cold Cereal*	Pancakes*	Bagel *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Jelly	Cream Cheese	
Lunch	½ Cup**	¾ Cup	1 Cup	Milk	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**	1% Low-Fat Unflavored Milk**
	¼ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹
	¼ Cup	¼ Cup	½ Cup	Vegetable	Spinach	Diced Broccoli	Diced Tomato
					Shredded Carrots	Shredded Carrots	Shredded Lettuce
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Teriyaki Chicken	Diced Turkey	Beef Picadillo (Beef Taco)
							Shredded Cheese
Snack	½ oz eq	½ oz eq	1 oz eq	Grain	Dinner Roll *	Pasta *	Taco Shell *
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Italian Dressing	
	½ Cup**	½ Cup	1 Cup	Milk/Water	1% Low-Fat Unflavored Milk**	Water	1% Low-Fat Unflavored Milk**
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits	
	½ Cup	½ Cup	¾ Cup	Vegetable			
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese	
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*
	Menu change: MEAL & COMPONENT ———> Menu subject to change due to individual food availability.				Place Menu Changes sticker here	Place Menu Changes sticker here	Place Menu Changes sticker here



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