



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component		Tue 01	Wed 02	Thu 03	Fri 04
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		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		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 **
	⅓ Cup	¼ Cup	¼ Cup	Fruit		Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable		Mixed Veggies	Broccoli	Baby Carrots ¹	Mixed Salad
						Celery	Carrots		
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative		Diced Turkey Salad	Beef Strips & Broccoli	Chicken Tinga Sandwich	Bean & Cheese Burrito
Snack	½ oz eq	½ oz eq	1 oz eq	Grain		Goldfish- Cheese Crackers*	Brown Rice	Buns *	Wheat Flour Tortilla*
	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Mayo		Ranch Dressing	Ranch Dressing
	½ Cup**	½ Cup	1 Cup	Milk/Water		Water	1% low-fat unflavored milk **		Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Peaches in a Cup	Canned Tangerines
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese		Low-Fat Yogurt	
							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

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 → Saltines Crackers

* Item meets whole-grain-rich requirement

**Children aged 12 to 23 months received whole milk

"This Institution is an Equal Opportunity Provider."



Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 07	Tue 08	Wed 09	Thu 10	Fri 11
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		Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Canned Fruit Mix
	½ oz eq	½ oz eq	1 oz eq	Grain/Meat/Meat Alternative		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**
	⅓ Cup	¼ Cup	¼ Cup	Fruit		Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable		Diced Tomato	Zucchini	Mixed Veggies	Mixed Veggies
						Lettuce	Carrots	Shredded Lettuce	
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative		Sliced Turkey Sandwich	Beef Stew Meat	Chicken Salad	Lentils Soup
						Sliced Cheddar Cheese			
	½ oz eq	½ oz eq	1 oz eq	Grain		Wheat Bread*	Brown Rice	Pita Bread*	Corn Tortilla *
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Mayo		Mayo	
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water		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					
	½ oz eq	½ oz eq	1 oz eq	Grain		Hummus			String Cheese
					Saltine Wheat Crackers*	Graham Crackers*	Cold Cereal*		
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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 14	Tue 15	Wed 16	Thu 17	Fri 18
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	Peaches in a Cup	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**
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Spinach	Diced Cucumber	Diced Tomato	Stir-Fried Vegetables	Shredded Lettuce
					Shredded Carrots	Diced Tomato	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 *	Elbow Pasta* Salad	Taco Shell * ¹	Brown Rice	Corn Tostada * ¹
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.	Ranch Dressing	Creamy Italian Dressing			
Snack	½ Cup**	½ Cup	1 Cup	Milk/Water	1% low-fat unflavored milk**	Water	1% low-fat unflavored milk**	Water	Water
	½ Cup	½ Cup	¾ Cup	Fruit		Pineapple Tidbits		Peaches in a Cup	Canned Tangerines ¹
	½ Cup	½ Cup	¾ Cup	Vegetable					
	½ oz	½ oz	1 oz	Meat/Meat Alternative		Cottage Cheese		Low-Fat Yogurt	
	½ oz eq	½ oz eq	1 oz eq	Grain	Jungle Crackers *		Hawaiian Rolls*		Saltine Wheat Crackers*
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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 21	Tue 22	Wed 23	Thu 24	Fri 25
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	Peaches in a Cup	Frozen Mango	Canned Tropical Mix	Pineapple Tidbits	Canned Fruit Mix
	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 **
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹	Sliced Oranges ¹	Frozen Strawberries
	⅓ Cup	¼ Cup	½ Cup	Vegetable	Slided Tomato Lettuce	Mixed Greens Salad	California Blend Veggies	Mixed Vegetables	Baby Carrots ¹
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	Chicken (Burger)	Diced Turkey Shredded Cheese	Beef Stroganoff	Chicken Soup	Sunbutter & Jelly Sandwich
	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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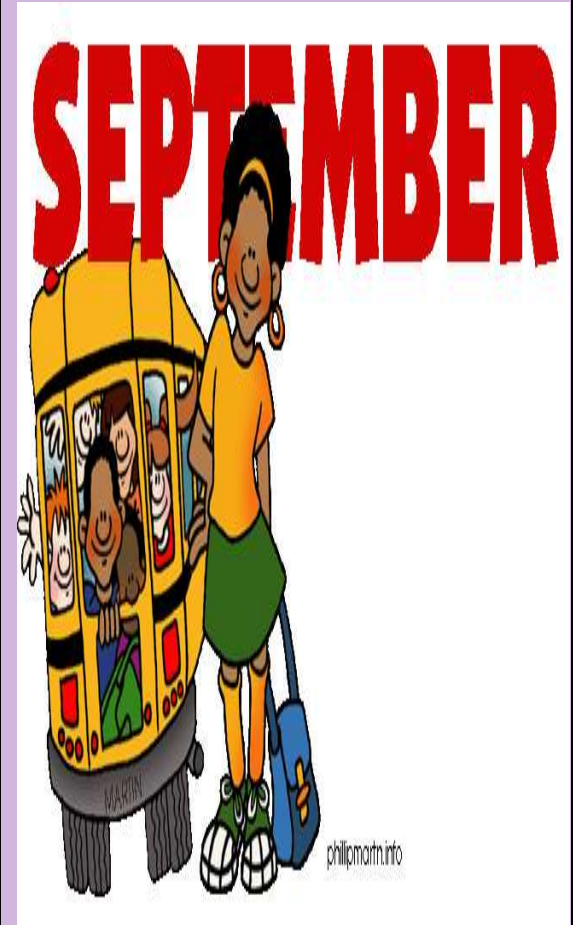
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Meal	Ages 1-2	Ages 3-5	Ages 6-11	Component	Mon 28	Tue 29	Wed 30
Breakfast	½ Cup**	¾ Cup	1 Cup	Milk	1% low-fat unflavored milk **	1% low-fat unflavored milk **	1% low-fat unflavored milk **
	¼ Cup	½ Cup	½ Cup	Fruit/Vegetable	Peaches in a Cup	Frozen 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 **
	⅓ Cup	¼ Cup	¼ Cup	Fruit	Apples ¹	Cubed Honeydew	Pears ¹
	⅓ Cup	¼ Cup	½ Cup	Vegetable	California Blend Veggies	Mixed Veggies	Broccoli
						Celery	Carrots
	1 oz eq	1 ½ oz	2 oz	Meat/Meat Alternative	BBQ Chicken	Diced Turkey Salad	Beef Strips & Broccoli
	½ oz eq	½ oz eq	1 oz eq	Grain	Wheat Bread*	Goldfish- Cheese Crackers*	Brown Rice
Meal	Ages 1-2	Ages 3-5	Ages 6-11	Extra- 1 Serv.		Mayo	
Snack	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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