

MENU
WEEK THREE

	MONDAY POULTRY	TUESDAY PASTA/BEEF	WEDNESDAY EGGS/CHEESE	THURSDAY BEEF/PORK	FRIDAY FISH/PORK
8:00a.m. Breakfast	Choice of Cold cereal, toast fruit and milk	Choice of Cold cereal, toast, fruit and milk	Choice of Cold cereal, toast, fruit and milk	Choice of Cold cereal, toast, fruit and milk	Choice of Cold cereal, toast, fruit and milk
10 a.m. snack	Choice of juice apple or orange, stone ground wheat crackers	Juice, stone ground whole wheat crackers	Juice, stone ground whole wheat crackers	Juice, stone ground whole wheat crackers	Juice, stone ground whole wheat crackers
LUNCH	Chicken Nuggets Mixed Veggies Cucumbers Pears Bread Milk	Chili Mac Peas Carrots Pineapple Bread Milk	Scrambled Eggs Broccoli Cucumbers Oranges Bread Milk	Meat Balls & Buttered Noodles Cauliflower Carrots Peaches Bread & Milk	Tuna Salad Tomato Soup Cucumbers Applesauce Bread Milk
p.m. snack	Corn Tortillas Chips Salsa Water	Raw Veggies Gold Fish Crackers Water	Plain Yogurt Fruit Water	Trail Mix Applesauce Water	Fruit Wheat twins Crackers Water

All juice is 100% juice: juice choices are: orange, apple No more than 4oz. of juice in the morning

Water served with PM snack/water to be provided after all meals and snacks.

All juice is 100% juice: juice choices are: orange, apple

TODDLERS: UNDER 24 MONTHS -

Vegetables are steamed and cut up in bite-size pieces to be served with lunch or snack

Whole milk will be served at lunch to children under the age of 24 months

No popcorn, raisins, corn kernels, raw carrots, whole grapes, nuts, seeds, raw peas, or peanut butter will be served to children under the age of 24 months

Mixed vegetables will be replaced with green beans for children under the age of 24 months