



Breakfast Menu

CYCLE MENU 2022-2023

This institution is an equal opportunity provider.

Approved by Haley Havighurst, RDN

Serving Sizes are as follows:

12months – 24months Old – m/ma ½oz, fruit ¼c, grain ½oz, 4oz Plain Whole Milk

24months – 36months Old – m/ma ½ oz, fruit ¼ c, grain ½ oz, 4oz Plain 1% Milk

3-5 Year Olds – m/ma ½ oz, fruit ¼ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 1oz, fruit ½ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 WG Kix Fruit Milk	Day 2 Yogurt w/ WG granola Fruit Milk	Day 3 WG Bagel w/ Cream Cheese Fruit Milk	Day 4 WG Rice Krispies Fruit Milk	Day 5 WG Banana Muffin Fruit Milk
Day 6 WG Corn Flakes Fruit Milk	Day 7 Yogurt w/ WG granola Fruit Milk	Day 8 WG Bagel w/ Cream Cheese Fruit Milk	Day 9 WG Cheerios Fruit Milk	Day 10 WG Blueberry Muffin Fruit Milk
Day 11 WG Kix Fruit Milk	Day 12 Yogurt w/ WG granola Fruit Milk	Day 13 WG Bagel w/ Cream Cheese Fruit Milk	Day 14 WG Rice Krispies Fruit Milk	Day 15 WG English Muffin w/ Fruit Spread Fruit Milk
Day 16 WG Corn Flakes Fruit Milk	Day 17 Yogurt w/ WG granola Fruit Milk	Day 18 WG Bagel w/ Cream Cheese Fruit Milk	Day 19 WG Cheerios Fruit Milk	Day 20 WG Apple Cinnamon Muffin Fruit Milk
Day 21 WG Kix Fruit Milk				

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos

All Cereals contain no more than 6 grams of sugar per dry ounce

All Yogurt contains no more than 23 grams of sugar per 6 ounce serving



Lunch Menu

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Serving Sizes are as follows:

12months – 24 months Old – m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain Whole Milk (*menu modifications in italics*)

24months – 36months Old - m/ma 1oz, Fruit 1/8 c, vegetable ¼ c, grain ½ oz, 4oz Plain 1% Milk (*menu modifications in italics*)

3-5 Year Old – m/ma 1.5oz, Fruit ¼ c, vegetable ¼ c, grain ½ oz, 6oz 1% Plain Milk

School Age – m/ma 2oz, fruit ¼ c, vegetables ½ c, grain 1oz, 8oz 1% Plain or Chocolate Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 Hamburger Sliced Cheddar Cheese WG Sandwich Bun Sweet Potato Tots Fruit Milk Veggie Patty on Wheat Bread	Day 2 Turkey & Cheese Sandwich Whole Grain Sandwich Roll Tomato/Cucumber Salad Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread	Day 3 SunButter & Grape Fruit Spread Sandwich on WW Bread Side Garden Salad w/ Italian Dressing (<i>Diced and Peeled Cucumber</i>) Watermelon Milk National Watermelon Day	Day 4 Turkey BBQ WG Sandwich Roll Potato Salad Fruit Milk Lentil BBQ	Day 5 Cheese Sandwich on WW Bread Carrot Sticks (Diced Tomatoes) Ranch Dressing Fruit Milk
Day 6 Turkey Sausage WG French Toast Breakfast Potatoes Fruit Milk Veggie Sausage	Day 7 Mac & Cheese w/ WG Pasta Cooked Carrots Fruit Milk	Day 8 Grilled Chicken Romaine Lettuce w/ Parmesan Cheese WG Dinner Roll Caesar Dressing Fruit Milk Edamame	Day 9 Baked Ziti w/ Grilled Chicken <i>(WG Pasta w/ tomato sauce and mozz cheese)</i> Broccoli Fruit Cocktail Milk Veggie Patty on Wheat Bread	Day 10 Turkey & Cheese on WW Bread Mayonnaise Carrot Sticks (Diced Cucumber) Ranch Dressing Fruit Milk SunButter & Grape Fruit Spread Sandwich on WW Bread
Day 11 Chicken Patty Sandwich WG Sandwich Roll Sweet Potato Tots Fruit Milk Veggie Burger	Day 12 Beef & Cheese Burrito on WG Flour Tortilla Corn & Black Bean Salad Fruit Milk Bean Burrito	Day 13 Turkey and Cheddar Cheese Chef Salad Romaine Lettuce Ranch Dressing WG Dinner Roll Fruit Milk Edamame	Day 14 Swedish Meatballs WG Pasta w/ Butter Broccoli Fruit Milk Veggie Meatballs	Day 15 Chicken Salad on WG Bun Carrot Sticks w/ Ranch (Diced Tomatoes) Fruit Milk Cheese Sandwich on WW Bread
Day 16 Teriyaki Chicken Fried Brown Rice Peas and Carrots Peach Milk Teriyaki Tofu National Eat a Peach Day	Day 17 Beef BBQ on WG Bun Potato Wedges Fruit Milk Veggie Bean BBQ	Day 18 Grilled Chicken Garden Salad Ranch Dressing WG Dinner Roll Fruit Milk Edamame	Day 19 Hamburger Macaroni & Cheese w/ WG Pasta Green Beans Fruit Milk Mac & Cheese	Day 20 Turkey Ranch and Cheddar Cheese Wrap on WG Flour Tortilla Carrot Sticks w/ Ranch Dressing (Diced Cucumbers) Fruit Milk Cheese Sandwich
Day 21 Ham & Cheddar Cheese on WG Bun Carrots Sticks (Cooked Carrots) Fruit Mayo Ranch Dressing Milk Cheese sandwich on WG Bun				

WG = Whole Grain

Fruit options vary when in season and will be rotated based on availability: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos



Snack Menu

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Serving Sizes are as follows: 2 of the five components

1-2 Year Olds – m/ma ½ oz, fruit ½ c, vegetable ½ c, grain ½ oz, 4oz Plain 1% Milk

3-5 Year Olds – m/ma ½ oz, fruit ½ c, vegetable ½ c, grain ½ oz, 6oz Plain 1% Milk

School Age – m/ma 1oz, fruit ¾ c, vegetable ¾ c, grain 1oz, 8oz Plain 1% Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 WG Graham Crackers & SunButter	Day 2 WG Pretzel Goldfish & Cubed Cheddar Cheese	Day 3 Yogurt & WG Sweet Crackers	Day 4 WG Cheez-its & String Cheese	Day 5 Carrot Sticks (Diced Cucumbers) & WG Chocolate Bear Graham Crackers
Day 6 WG Graham Crackers & SunButter	Day 7 WG Pretzel Goldfish & Cubed Cheddar Cheese	Day 8 Yogurt & WG Sweet Crackers	Day 9 WG Cheez-its & String Cheese	Day 10 Carrot Sticks (Diced Cucumbers) & WG Chocolate Bear Graham Crackers
Day 11 WG Graham Crackers & SunButter	Day 12 WG Pretzel Goldfish & Cubed Cheddar Cheese	Day 13 Yogurt & WG Sweet Crackers	Day 14 WG Cheez-its & String Cheese	Day 15 Carrot Sticks (Diced Cucumbers) & WG Chocolate Bear Graham Crackers
Day 16 WG Graham Crackers & SunButter	Day 17 WG Pretzel Goldfish & Cubed Cheddar Cheese	Day 18 Yogurt & WG Sweet Crackers	Day 19 WG Cheez-its & String Cheese	Day 20 Carrot Sticks (Diced Cucumbers) & WG Chocolate Bear Graham Crackers
Day 21 WG Graham Crackers & SunButter				

WG = Whole Grain

Fruit options vary when in season all possible options are as follows: Apples, Applesauce, Flavored Applesauce, Banana, Diced Pears, Diced Peaches, Pineapple, Oranges, Pears, Cantaloupe, Honeydew, Strawberries, Fruit Cocktail, Peaches, Mandarin Oranges, Mangos