



Breakfast Menu – Main Hot Option

CYCLE MENU

This institution is an equal opportunity provider.

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

Monday	Tuesday	Wednesday	Thursday	Friday
Day 1 WG Cheerios Fruit Milk	Day 2 Yogurt Fruit Milk	Day 3 WG Corn Muffin Fruit Milk	Day 4 Cinnamon Toast Crunch Fruit Milk	Day 5 WG French Toast Fruit Milk
Day 6 WG Rice Krispies Fruit Milk	Day 7 Yogurt Fruit Milk	Day 8 WG Apple Cinnamon Muffin Fruit Milk	Day 9 Trix Fruit Milk	Day 10 WG Pancake Fruit Milk
Day 11 Corn Flakes Fruit Milk	Day 12 Yogurt Fruit Milk	Day 13 WG Banana Muffin Fruit Milk	Day 14 Cheerios Fruit Milk	Day 15 Scrambled Egg Fruit Milk
Day 16 Kix Fruit Milk	Day 17 Yogurt Fruit Milk	Day 18 WG Blueberry Muffin Fruit Milk	Day 19 WG Rice Krispies Fruit Milk	Day 20 WG Waffle Fruit Milk
Day 21 WG Cheerios Fruit Milk				

WG = Whole Grain

Fruit options vary when in season, viable 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****



**Main Lunch Menu
Cycle Menu**

This institution is an equal opportunity provider.

Serving Sizes are as follows:

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

24months – 36 months Old - m/ma 1oz, Fruit 1/8 c, vegetable 1/8 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 Turkey & Cheese Sandwich on WW Bread Carrot Sticks (Cooked Carrots) Mayonnaise Ranch Dressing Fruit Milk Cheese Sandwich on WW Bread	Day 2 "Walking Taco" Taco Beef WG Tortilla Chips (Flour Tortilla) Shredded Cheddar Cheese Corn Mandarin Oranges Milk Bean Taco	Day 3 Chicken, Cheddar Cheese, and Brown Rice Bake Peas Fruit Milk Tofu, Cheddar, Rice Bake	Day 4 Turkey Sausage String Cheese (3+ Only) WG French Toast Broccoli (Peeled and Diced Cucumbers) Fruit Milk WG Waffle and Veggie Sausage	Day 5 SunButter & Grape Fruit Spread Sandwich on WGR Bread String Cheese Carrot Sticks w/ Ranch (Chic Peas) Fruit Milk
Day 6 Hamburger Slider w/Cheddar Cheese WG Bun Tater Tots Ketchup Fruit Milk Veggie Burger	Day 7 Grilled Chicken w/Salsa Red Beans & Bown Rice Fruit Milk Veggie Nuggets	Day 8 Mac & Cheese w/ WG Pasta Mixed Vegetables Fruit Milk	Day 9 Grilled Chicken WG Pita Bread Broccoli (Peas) Fruit Tzatziki Sauce Milk Tofu w/Tzatziki Sauce	Day 10 Turkey Ham & Cheese Sandwich on WGR Bun Carrot Sticks (Cooked Carrots) Ranch Dressing Mayonnaise Fruit Milk Cheese Sandwich on WW Bread
Day 11 WG Chicken Fingers Mashed Potatoes Ketchup Fruit Milk Veggie Nuggets	Day 12 Turkey Burger WG Sandwich Roll Corn Fruit Milk Veggie Burger	Day 13 Egg & Cheese Omelet WGR English Muffin w/ Grape Fruit Spread Breakfast Potatoes Fruit Milk Veggie Burger	Day 14 WG Pasta w/Meat Sauce Mixed Vegetables Fruit Milk Lentils w/Sauce	Day 15 Pepperoni Pizza (cold) Fresh Broccoli w/ Ranch Dressing (cooked Peas) Fruit Milk Veggie Nuggets
Day 16 Grilled Chicken Pot Pie w/Mixed Vegetables WG Biscuit Fruit Milk Lentil Pot Pie	Day 17 Meatloaf w/Beef Gravy WG Dinner Roll Mashed Potatoes Pineapple Milk Veggie Burger	Day 18 Teriyaki Chicken Brown Rice Broccoli (Peas) Ranch Dressing Fruit Milk Teriyaki Tofu	Day 19 Cheese Sandwich on WW Bread Tomato and Cucumber Salad (Peeled and Diced Tomato Cucumber Salad) Fruit Milk	Day 20 Swedish Meatballs WG Biscuit Green Beans Fruit Milk Veggie Meatballs
Day 21 Turkey Ham Mac & Cheese w/ WG Pasta Green Beans Fruit Milk Mac & Cheese				

****ALL GRAIN COMPONENTS ARE WHOLE GRAIN RICH****

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

Cycle Menu

This institution is an equal opportunity provider.

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 WGR Chat Snax & String Cheese	Day 2 Fresh Mozz & Diced Tomatoes	Day 3 WGR Cracker & Sunbutter Cup	Day 4 WGR Cheese Crackers & Yogurt	Day 5 WGR Pretzel Goldfish and Cheddar Cheese Cubes
Day 6 WGR Chat Snax & String Cheese	Day 7 WGR Chips and Salsa (Sunbutter Roll Up 1-2)	Day 8 WGR Cracker & Hard-Boiled Egg	Day 9 WGR Cheese Crackers & Yogurt	Day 10 WGR Pretzel Goldfish and Diced Cucumbers
Day 11 WGR Chat Snax & String Cheese	Day 12 Fresh Mozz & Diced Tomatoes	Day 13 WGR Cracker & Sunbutter Cup	Day 14 WGR Cheese Crackers & Yogurt	Day 15 WGR Pretzel Goldfish and Cheddar Cheese Cubes
Day 16 WGR Chat Snax & String Cheese	Day 17 WGR Chips and Salsa (Sunbutter Roll Up 1-2)	Day 18 WGR Cracker & Hard-Boiled Egg	Day 19 WGR Cheese Crackers & Yogurt	Day 20 WGR Pretzel Goldfish and Diced Cucumbers
Day 21 WGR Chat Snax & String Cheese				

WG = Whole Grain

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