

				1-Apr		2-Apr		3-Apr	
				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1-2 YRS	3-5 YRS	6+ YRS				Whole/1% Milk WG Chex Cereal Fresh Banana (1/2)	Whole/1% Milk Bagel w/ Cream Cheese Applesauce	Whole/1% Milk WG Pumpkin Bread (1.8 oz.) Pineapple Tidbits	
MILK*	4 oz.	6 oz.	8 oz.			Macaroni and Cheese (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni)	BBQ Meatballs Shred Cheddar WG Hot Dog Bun	Sliced Teriyaki Chicken (Chicken Thigh Meat) 1/4 c-WG Brown Rice Broccoli Stir Fry	
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq			Green Beans Fresh Melon	Potato Wedges Pineapple Tidbits	Fresh Banana (1/2)	
FRUIT	1/4 c.	1/2 c.	1/2 c.						
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.						
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq			Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	
VEGETABLE	1/8 c.	1/4 c.	1/2 c.			Cornbread Muffin Fresh Orange Wedges Margarine	WG Crackers Sunflower Butter	Mini Pretzels Fresh Baby Carrots Hummus	
FRUIT	1/8 c.	1/4 c.	1/3 c.						
MILK*	4 oz.	6 oz.	8 oz.						
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq						
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.						
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.						

				6-Apr	7-Apr	8-Apr	9-Apr	10-Apr
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk WG Bran Flakes Mandarin Orange Segments	Whole/1% Milk WG Muffin (1.8oz.) Diced Peaches	Whole/1% Milk WG Cherrios Cereal Fresh Banana (1/2)	Whole/1% Milk Bagel w/ Cream Cheese Mango Applesauce	Whole/1% Milk WG Apple Bread (1.8 oz.) Pineapple Tidbits
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq					
FRUIT	1/4 c.	1/2 c.	1/2 c.					
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Patty	Beef Taco Meat (Seasoned Ground Beef)	Butter Chicken (2 oz. Diced Chicken, 1 oz. Sauce)	Beef and Chicken Meatballs	Italian Sub (Turkey Ham and Salami, Mozzarella)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Pineapple Rice Broccoli	WG Flour Tortilla Fiesta Corn	(1/4 c.)WG Brown Rice Green Peas	Pasta and Sauce Green Beans	WG Hot Dog Bun Romaine Salad
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Fresh Apple Wedges (4)	Pineapple Tidbits Shredded Lettuce/Cheese Taco Sauce	Mandarin Orange Segments	Fresh Melon	Fresh Banana (1/2)
FRUIT	1/8 c.	1/4 c.	1/3 c.					Ranch Dressing Whole/1% Milk
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers(1 bag)	Graham Crackers	WG Pita Bread	WG Goldfish Crackers(1/3c)	Granola
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana	Fresh Apple Wedges	Sliced Cucumbers/Ranch	Diced Pears	Blueberries Vanilla Yogurt
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					

*Serve only WHOLE MILK to children between the ages of 1 and 2. Serve only 1% or SKIM MILK to children ages 2 and older.
 ** Meat and Cheese: 1 oz.=1 ounce, 1/2 EGG=1 oz., 1/2 c. BEANS/PEAS=1 oz., 2 Tbsp SEED BUTTER=1 oz., 1/2 c. YOGURT=1 oz.
 WG next to item=WHOLE GRAIN. At least 1 item per day MUST be whole grain
 oz eq=OUNCE EQUIVALENT
 WATER IS AVAILABLE UPON CHILDREN'S REQUEST AT ALL TIMES



EAT. GROW. THRIVE.

Foodservice Menu

			16-Mar	17-Mar	18-Mar	19-Mar	17-Apr	
			MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1-2 YRS	3-5 YRS	6+ YRS						
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Kix Cereal	WG Muffin (1.8 oz)	Corn Flakes Cereal	Bagel w/ Cream Cheese	WG Banana Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Peaches	Fresh Banana (1/2)	Cinnamon Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Nuggets (4)	Chicken Taco	Meatballs Stroganoff (4 Meatballs, 1 oz. Sauce)	Greek Chicken	Turkey Burger American Cheese
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Noodles Florentine	WG Flour Tortilla	Egg Noodles	Pita Bread	WG Burger Bun
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Baby Carrots	Black Beans	Peas	Broccoli	Potato Wedges
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Fresh Melon	Mandarin Orange Segments	Fresh Banana (1/2)
					Shred Lettuce/Cheddar		Tzatziki Sauce	
							Sliced Tomatoes	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Goldfish Crackers(1/3c)	Ritz Crackers(5)	WG Blueberry Muffin	WG Pita Bread	Annie's Bunny Grahams
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Pineapple Tidbits		Unsweetened Applesauce	Fresh Baby Carrots/Ranch	Vanilla Yogurt
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese			

			23-Mar	24-Mar	25-Mar	26-Mar	24-Apr	
1-2 YRS	3-5 YRS	6+ YRS						
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Cinnamon Chex Cereal	WG Raisin Bread/Margarine	WG Special K Cereal	Bagel w/ Cream Cheese	WG Zucchini Bread
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Peaches	Fresh Banana (1/2)	Cinnamon Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Beef And Pasta (Seasoned Beef, Elbows, Spaghetti Sauce)	Orange Chicken (2 oz. Chicken, 1 oz. Sauce)	Sloppy Joe Meat (1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce)	BBQ Chicken (2 oz. Chicken Thigh Meat)	1/2 Turkey Sandwich (2 oz. Turkey and Cheese)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq		WG Brown Rice	WG Bun	WG Roll	Wheat Bread (1 slice)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Broccoli	Romaine Salad	Green Peas	Baked Beans	Fresh Baby Carrots
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Sliced Peaches	Fresh Orange Wedges	Fresh Melon	Fresh Banana
					Mango Ranch Dressing			Ranch Dressing
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Pretzel Sticks	Club Crackers	WG Pita Pocket	Snack Mix	Shortbread Crackers(1 bag)
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.				Fresh Orange Wedges	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	Sunflower Butter	Cheddar Stick	Chicken Salad		Vanilla Yogurt

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 WG next to item=WHOLE GRAIN. At least 1 item per day MUST be whole grain
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EAT. GROW. THRIVE.

Foodservice Menu

				27-Apr	28-Apr	29-Apr	30-Apr	
				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Life Cereal	WG Muffin (1.8oz)	WG Chex Cereal	Bagel w/ Cream Cheese	
FRUIT	1/4 c.	1/2 c.	1/2 c.	Mandarin Orange Segments	Diced Peaches	Fresh Banana (1/2)	Applesauce	
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Pineapple Chicken	Sloppy Joe Meat	Macaroni and Cheese (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni)	BBQ Meatballs Shred Cheddar	
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Coconut Rice	WG Burger Bun		WG Hot Dog Bun	
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Carrots	Broccoli	Green Beans	Potato Wedges	
FRUIT	1/8 c.	1/4 c.	1/3 c.	Diced Pears	Fresh Apple Wedges	Fresh Melon	Pineapple Tidbits	
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers(1 bag)	Graham Crackers	Cornbread Muffin	WG Crackers	
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana		Fresh Orange Wedges		
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		Vanilla Yogurt	Margarine	Sunflower Butter	

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** Meat and Cheese: 1 oz.=1 ounce, 1/2 EGG=1 oz., 1/2 c. BEANS/PEAS=1 oz., 2 Tbsp SEED BUTTER=1 oz., 1/2 c. YOGURT=1 oz.

WG next to item=WHOLE GRAIN. At least 1 item per day MUST be whole grain

oz eq=OUNCE EQUIVALENT

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