

				1-May				
	1-2 YRS	3-5 YRS	6+ YRS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MILK*	4 oz.	6 oz.	8 oz.					Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq					WG Pumpkin Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.					Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.					Sliced Teriyaki Chicken (Chicken Thigh Meat)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq					1/4 c-WG Brown Rice
VEGETABLE	1/8 c.	1/4 c.	1/2 c.					Zucchini and Red Peppers
FRUIT	1/8 c.	1/4 c.	1/3 c.					Fresh Banana (1/2)
MILK*	4 oz.	6 oz.	8 oz.					Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq					Mini Pretzels
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.					Fresh Baby Carrots
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					(Ranch Dressing)

				4-May	5-May	6-May	7-May	8-May
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 Bran Flakes	WG Muffin (1.8oz)	WG Cherrios Cereal	Bagel w/ Cream Cheese	WG Apple Bread (1.8 oz)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Patty	Beef Taco Meat (Seasoned Ground Beef)	Coconut Curry Chick Peas (3 oz. Chick Peas, 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 Spanish Rice	WG Flour Tortilla	(1/4 c.)WG Brown Rice	Pasta and Sauce	WG Hot Dog Bun
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Carrots	Fiesta Corn	Zucchini	Green Beans	Romaine Salad
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Fresh Orange Wedges	Fresh Melon	Fresh Banana (1/2)
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Shredded Lettuce/Cheese Taco Sauce	Whole/1% Milk	Whole/1% Milk	Ranch Dressing 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)
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					Vanilla Yogurt

*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

			11-May	12-May	13-May	14-May	15-May	
1-2 YRS	3-5 YRS	6+ YRS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
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.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	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	Shells Alfredo	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	Fresh Orange Wedges	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)	Fruit Scone (1.5oz)	WG Pita Bread	Annie's Bunny Grahams
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Pineapple Tidbits		Fresh Apple Wedges	Fresh Baby Carrots/Ranch	Yogurt Cup (4oz)
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese			

			18-May	19-May	20-May	21-May	22-May	
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.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Beef And Pasta (Seasoned Beef, Elbows, Spaghetti Sauce)	Scrambled Cheese Eggs	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		Orange Cranberry Scone	WG Bun	Cornbread	Wheat Bread (1 slice)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Broccoli	Home Fried Potatoes	Green Peas	Baked Beans	Fresh Baby Carrots
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Fresh Orange Wedges	Fresh Melon	Fresh Banana
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Ranch Dressing Whole/1% Milk
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Pretzel Sticks	Club Crackers	WG Pita Pocket	Snack Mix (1/2c)	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 Cubes	Chicken Salad		Yogurt Cup (4oz)

*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
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This institution is an Equal Opportunity Provider



EAT. GROW. THRIVE.

Foodservice Menu

				25-May	26-May	27-May	28-May	29-May
				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	WG Life Cereal	WG Muffin (1.8oz)	WG Chex Cereal	Bagel w/ Cream Cheese	WG Pumpkin Bread (1.8 oz.)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Pineapple Chicken	Glazed Turkey Ham	Macaroni and Cheese* (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni)	BBQ Meatballs Shred Cheddar	Sliced Teriyaki Chicken (Chicken Thigh Meat)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Coconut Rice	WG Cornbread		WG Hot Dog Bun	1/4 c-WG Brown Rice
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Carrots	Broccoli	Green Beans	Potato Wedges	Zucchini and Red Peppers
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Pineapple Tidbits	Fresh Melon	Fresh Orange Wedges	Fresh Banana (1/2)
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	Animal Crackers	Graham Crackers	Tortilla	WG Crackers	Mini Pretzels
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana				Fresh Baby Carrots
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		Yogurt Cup (4oz)	Sliced Turkey/Cheese	Cheddar Cubes	(Hummus)

*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

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