



EAT. GROW. THRIVE.

Foodservice Menu

			1-Jun	2-Jun	3-Jun	4-Jun	5-Jun	
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	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 Chicken (2 oz. Chicken, 1 oz. Sauce)	Beef and Chicken Meatballs	WG Cheese Calzone
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Burger Bun	WG Flour Tortilla	Naan Bread	Pasta and Sauce	WG Crust
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 Shredded Lettuce/Cheese Taco Sauce	Mandarin Orange Segments	Fresh Melon	Fresh Banana (1/2)
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	Animal Crackers	WG Pita Bread	Graham Crackers	WG Goldfish Crackers(1/3c)	Granola
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana	Sliced Cucumbers/Ranch	Fresh Apple Wedges	Diced Pears	(Blueberries) Vanilla Yogurt
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					

			8-Jun	9-Jun	10-Jun	11-Jun	12-Jun	
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	Swedish Meatballs (4 Meatballs, 1 oz. Sauce)	Greek Chicken	Turkey Burger American Cheese
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Cornbread	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	Green Beans	Potato Wedges
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits Shred Lettuce/Cheddar	Fresh Melon	Mandarin Orange Segments Tzatziki Sauce Sliced Tomatoes	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	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			

*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

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Foodservice Menu

			15-Jun	16-Jun	17-Jun	18-Jun	19-Jun	
			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	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.	Sloppy Joe Meat <small>(1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce)</small>	Parsley Lemon Chicken	Beef and Pasta (3/4 c.) <small>(1 1/2 oz. beef, oz. Sauce)</small>	BBQ Chicken <small>(2 oz. Chicken Thigh Meat)</small>	1/2 Turkey Sandwich <small>(2 oz. Turkey and Cheese)</small>
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Bun	WG Breadstick	WG Elbow Macaroni	Cornbread	Wheat Bread (1 slice)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Home Fried Potatoes	Green Beans	Broccoli	Baked Beans	Fresh Baby Carrots
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Mandarin Orange Segments	Sliced Peaches	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)

			22-Jun	23-Jun	24-Jun	25-Jun	26-Jun	
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	Chicken Strips	Macaroni and Cheese* <small>(3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni)</small>	Meatballs and Sauce <small>Shredded Mozzarella</small>	Sliced Teriyaki Chicken <small>(Chicken Thigh Meat)</small>
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Coconut Rice	WG Cornbread		WG Hot Dog Bun	Asian Noodles
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	Mandarin Orange Segments	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)

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			29-Jun	30-Jun	WEDNESDAY	THURSDAY	FRIDAY
1-2 YRS	3-5 YRS	6+ YRS	MONDAY	TUESDAY			
MILK*	4 oz.	6 oz.	8 oz.	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)		
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches		
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Chicken Patty	Beef Taco Meat <i>(Seasoned Ground Beef)</i>		
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Burger Bun	WG Flour Tortilla		
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Carrots	Fiesta Corn		
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits		
					Shredded Lettuce/Cheese		
					Taco Sauce		
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk		
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Animal Crackers	Graham Crackers		
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana	Fresh Apple Wedges		
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.				

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