



Foodservice Menu

				29-Jun	30-Jun	1-Jul	2-Jul	3-Jul
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)	Chicken Philly (2 oz. Chicken, Peppers and Onions)	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	WG Hot dog Bun	Pasta and Sauce	WG Crust
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Carrots	Fiesta Corn	Tater Tots	Green Beans	Romaine Salad
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Mandarin Orange Segments	Fresh Melon	Fresh Banana (1/2)
					Shredded Lettuce/Cheese	Shredded Mozzarella		Ranch Dressing
					Taco Sauce			Whole/1% Milk
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	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)
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					Vanilla Yogurt

				6-Jul	7-Jul	8-Jul	9-Jul	10-Jul
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	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)	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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	13-Jul	14-Jul	15-Jul	16-Jul	17-Jul
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2 YRS	4 oz.	6 oz.	8 oz.		
3-5 YRS	1/2 oz eq	1/2 oz eq	1 oz eq		
6+ YRS	1/4 c.	1/2 c.	1/2 c.		
MILK*	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	Cinnamon Chex Cereal	WG Raisin Bread/Margarine	WG Special K Cereal	Bagel w/ Cream Cheese	WG Zucchini Bread
FRUIT	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	Sloppy Joe Meat (1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce)	Parsley Lemon Chicken	Beef and Pasta (3/4 c.) (1 1/2 oz. beef, oz. Sauce)	BBQ Chicken (2 oz. Chicken Thigh Meat)	1/2 Turkey Sandwich (2 oz. Turkey and Cheese)
GRAIN	WG Bun	WG Breadstick	WG Elbow Macaroni	Cornbread	Wheat Bread (1 slice)
VEGETABLE	Home Fried Potatoes	Green Beans	Broccoli	Baked Beans	Fresh Baby Carrots
FRUIT	Fresh Apple Wedges (4)	Mandarin Orange Segments	Sliced Peaches	Fresh Melon	Fresh Banana
MILK*	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Ranch Dressing Whole/1% Milk
GRAIN	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.		Yogurt Cup (4oz)

	20-Jul	21-Jul	22-Jul	23-Jul	24-Jul
MILK*	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	WG Life Cereal	WG Muffin (1.8oz)	WG Chex Cereal	Bagel w/ Cream Cheese	WG Pumpkin Bread (1.8 oz)
FRUIT	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Pineapple Tidbits
MEAT/ MEAT ALT	Pineapple Chicken	Chicken Strips	Macaroni and Cheese* (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni)	Meatballs and Sauce Shredded Mozzarella	Sliced Teriyaki Chicken (Chicken Thigh Meat)
GRAIN	WG Coconut Rice	WG Cornbread		WG Hot Dog Bun	Asian Noodles
VEGETABLE	Cooked Carrots	Broccoli	Green Beans	Potato Wedges	Zucchini and Red Peppers
FRUIT	Fresh Apple Wedges	Pineapple Tidbits	Fresh Melon	Mandarin Orange Segments	Fresh Banana (1/2)
MILK*	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
GRAIN	Animal Crackers	Graham Crackers	Tortilla	WG Crackers	Mini Pretzels
FRUIT/VEGE	Fresh Banana				Fresh Baby Carrots
MEAT/ALT	1/2 oz.	Yogurt Cup (4oz)	Sliced Turkey/Cheese	Cheddar Cubes	(Hummus)

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				27-Jul	28-Jul	29-Jul	30-Jul	31-Jul
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)	Chicken Philly (2 oz. Chicken, Peppers and Onions)	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	WG Hot dog Bun	Pasta and Sauce	WG Crust
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Cooked Carrots	Fiesta Corn	Tater Tots	Green Beans	Romaine Salad
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Mandarin Orange Segments	Fresh Melon	Fresh Banana (1/2)
					Shredded Lettuce/Cheese	Shredded Mozzarella		
					Taco Sauce			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	Animal Crackers	Graham Crackers	Graham Crackers	WG Goldfish Crackers(1/3c)	Granola
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Fresh Banana	Fresh Apple Wedges	Fresh Apple Wedges	Diced Pears	(Blueberries)
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					Vanilla Yogurt

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