

Foodservice Menu

	1-2 YRS	3-5 YRS	6+ YRS	31-Aug MONDAY	1-Sep TUESDAY	2-Sep WEDNESDAY	3-Sep THURSDAY	4-Sep 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 Chex 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	Fresh Strawberries
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	Sloppy Joe Meat (1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Cheese Rice	WG Flour Tortilla	WG Rotini	WG Herb Rice	WG Bun
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Baby Carrots	Fiesta Corn	Peas	Green Beans and Tomatoes	Broccoli
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits	Fresh Melon	Diced Pears	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)	Annie's Bunny Grahams	WG Pita Bread	Diced Peaches
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Pineapple Tidbits		Fresh Apple Wedges	Fresh Baby Carrots/Ranch	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese			Yogurt Cup (4oz)

	7-Sep	8-Sep	9-Sep	10-Sep	11-Sep
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 Raisin Bread/Margarine	WG Special K Cereal
FRUIT	1/4 c.	1/2 c.	1/2 c.	Sliced Peaches	Fresh Banana (1/2)
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Parsley Lemon Chicken	Beef and Pasta (3/4 c.) (1 1/2 oz. beef, oz. Sauce)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Breadstick	WG Elbow Macaroni
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Green Beans	Broccoli
FRUIT	1/8 c.	1/4 c.	1/3 c.	Mandarin Orange Segments	Diced Pears
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	Club Crackers	WG Pita Pocket
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.		Snack Mix (1/2c)
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.	Cheddar Cubes	Chicken Salad

*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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				14-Sep	15-Sep	16-Sep	17-Sep	18-Sep
				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 Life Cereal	WG Muffin (1.8oz)	WG Chex Cereal	Bagel w/ Cream Cheese	WG Zucchini Bread (1.8 oz.)
FRUIT	1/4 c.	1/2 c.	1/2 c.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Fresh Blueberries
MEAT/ MEAT ALT	1 oz.	1 1/2 oz.	2 oz.	Orange Chicken (1/3 c)	Meatballs(4) and Sauce	Macaroni and Cheese	Creamed Chicken (1/2 c)	Sliced Teriyaki Chicken
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Coconut Rice	Shredded Mozzarella	(3 oz Cheddar Cheese Sauce	(Chicken, Celery, Onion, Gravy)	(Chicken Thigh Meat)
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Carrots	WG Hot Dog Bun	3 oz WG Elbow Macaroni)	WG Biscuit	Asian Noodles
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Potato Wedges	Green Beans	Peas and Carrots	Broccoli
				Fresh Apple Wedges	Sliced Peaches	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	Yogurt Cup (4oz)	Sliced Turkey/Cheese	Cheddar Cubes	Fresh Baby Carrots
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.					(Ranch Dressing)

				21-Sep	22-Sep	23-Sep	24-Sep	25-Sep
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 Tenders (2)	Beef Taco Meat (Seasoned Ground Beef)	Chicken Paprikash (1/3 c.) (Diced Chicken, Paprika, Sour Cream)	Meatloaf and Gravy (2.5 oz Slice, Brown Gravy)	WG Cheese Calzone
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	Bowtie Noodles	WG Flour Tortilla	WG Rotini Noodles	WG Roll	WG Crust
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Broccoli	Fiesta Corn	Peas and Carrots	Mashed Potatoes	Romaine Salad
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges	Pineapple Tidbits	Fresh Melon	Sliced Peaches	Fresh Banana (1/2)
					Shredded Lettuce/Cheese			
					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(1 bag)	WG Pita Bread	Graham Crackers	WG Goldfish Crackers(1/3c)	
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

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				28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
				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.	Fresh Clementine Orange	Sliced Peaches	Fresh Banana (1/2)	Applesauce	Fresh Strawberries
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	Sloppy Joe Meat (1 1/2 oz. Ground Beef, 1 oz. Tomato Sauce)
GRAIN	1/2 oz eq	1/2 oz eq	1 oz eq	WG Cheese Rice	WG Flour Tortilla	WG Rotini	WG Herb Rice	WG Bun
VEGETABLE	1/8 c.	1/4 c.	1/2 c.	Baby Carrots	Fiesta Corn	Peas	Green Beans and Tomatoes	Broccoli
FRUIT	1/8 c.	1/4 c.	1/3 c.	Fresh Apple Wedges (4)	Pineapple Tidbits Shred Lettuce/Cheddar	Fresh Melon	Diced Pears	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)	Annie's Bunny Grahams	WG Pita Bread	Diced Peaches
FRUIT/VEGE	1/2 c.	1/2 c.	3/4 c.	Pineapple Tidbits		Fresh Apple Wedges	Fresh Baby Carrots/Ranch	
MEAT/ALT	1/2 oz.	1/2 oz.	1 oz.		String Cheese			Yogurt Cup (4oz)

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