

Foodservice Menu

				28-Sep	29-Sep	30-Sep	1-Oct	2-Oct
				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1-2 YRS	3-5 YRS	6+ YRS		MEAT/ 1 oz.	MEAT/ 1 oz.	MEAT/ 1 oz.	MEAT/ 1 oz.	MEAT/ 1 oz.
MEAT ALT	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)
					Shred Lettuce/Cheddar			
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
				5-Oct	6-Oct	7-Oct	8-Oct	9-Oct
MEAT/ 1 oz.	1 1/2 oz.	2 oz.		Breaded Chicken Patty	Parsley Lemon Chicken	Beef and Pasta (3/4 c.) (1 1/2 oz. beef, oz. Sauce)	BBQ Chicken (2 oz. Chicken Thigh Meat)	Beef Patty and Gravy
MEAT ALT								
GRAIN 1/2 oz eq	1/2 oz eq	1 oz eq		WG Burger Bun	WG Breadstick	WG Elbow Macaroni	Cilantro Lime Rice	WG Wheat Roll
VEGETABLE 1/8 c.	1/4 c.	1/2 c.		Peas and Carrots	Green Beans	Broccoli	Baked Beans	Mashed Potatoes
FRUIT 1/8 c.	1/4 c.	1/3 c.		Fresh Apple Wedges	Mandarin Orange Segments	Diced Pears	Fresh Banana	Fresh Melon
								Margarine
MILK*	4 oz.	6 oz.	8 oz.	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk	Whole/1% Milk
				12-Oct	13-Oct	14-Oct	15-Oct	16-Oct
MEAT/ 1 oz.	1 1/2 oz.	2 oz.		Orange Chicken (1/3 c)	Meatballs(4) and Sauce Shredded Mozzarella	Macaroni and Cheese (3 oz Cheddar Cheese Sauce 3 oz WG Elbow Macaroni)	Creamed Chicken (1/2 c) (Chicken, Celery, Onion, Gravy)	Sliced Teriyaki Chicken (Chicken Thigh Meat)
MEAT ALT								
GRAIN 1/2 oz eq	1/2 oz eq	1 oz eq		WG Coconut Rice	WG Hot Dog Bun		WG Biscuit	Asian Noodles
VEGETABLE 1/8 c.	1/4 c.	1/2 c.		Carrots	Potato Wedges	Green Beans	Peas and Carrots	Broccoli
FRUIT 1/8 c.	1/4 c.	1/3 c.		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
				19-Oct	20-Oct	21-Oct	22-Oct	23-Oct
MEAT/ 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
MEAT ALT								
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

*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

USDA is an equal opportunity provider, employer, and lender.

Foodservice Menu

	1-2 YRS	3-5 YRS	6+ YRS	26-Oct MONDAY	27-Oct TUESDAY	28-Oct WEDNESDAY	29-Oct THURSDAY	30-Oct FRIDAY
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

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