

September-2022

Breakfast: 1-2 3-5 6-12
Milk 1/2 c 3/4 c 1 c
Fruit, Veg or both 1/4 c 1/2 c 1/2 c
Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
Dry Cereal 1 oz
Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
*Select 2 of the 5 components

Lunch: 1-2 3-5 6-12
Milk 1/2 c 3/4 c 1 c
Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
Pasta/Noodles 1/4 c
Fruit 1/8 c 1/4 c 1/4 c
Vegetables 1/8 c 1/4 c 1/2 c
Meat/Meat Alt. 1 oz. 1.5 oz. 2 oz.

PM Snack: 1-2 3-5 6-12
Milk 1/2 c 1/2 c 1 c
Fruit 1/2 c 1/2 c 1/2 c
Vegetable 1/2 c 1/2 c 3/4 c
Grains/Breads 1/2 oz eq 1/2 oz eq 1 oz eq
Meat/Meat Alt. 1/2 oz 1/2 oz 1 oz
*Select 2 of the 5 components

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
BR -	BR -	BR -	BR - Chex Cereal/Blueberries/ Milk	BR - Life Cereal/ Oranges/Milk
LN -	LN -	LN -	LN - All Beef Hot Dog on WW Bun/Ketchup/French Fries/Fruit Cocktail/Milk	LN - Turkey and Cheese on WW/Corn/Apple Sauce/Milk
SN -	SN -	SN -	SN - Butter Crackers/Milk	SN - Apples/Peanut Butter/Milk
5	6	7	8	9
BR - NO SCHOOL	BR - Mini Muffins/Strawberries/Milk	BR - Cinnamon Raisin Toast/Cream Cheese/Bananas/Milk	BR - Kix Cereal/Grapes/Milk	BR - Pancakes/Syrup/Apples/Milk
LN - NO SCHOOL	LN - Chicken Patties on WW Bun/Ketchup/GreenBeans/Mandrine Oranges/Milk	LN - Grilled Cheese on WW/Cucumbers/Ranch/Pineapple/Milk	LN - WW Rotini w/Meat Sauce/Salad/Ranch/Pears/Milk	LN - Ham and Cheese on WW/Celery/Ranch/Peaches/Milk
SN - NO SCHOOL	SN - Scooby-Snacks/Milk	SN - Animal Crackers/Milk	SN - Pretzels/Milk	SN - Goldfish/Milk
12	13	14	15	16
BR - Mini Muffins/Blueberries/Milk	BR - Chex Cereal/Oranges/Milk	BR - Blueberry Waffles/Syrup/Strawberries/Milk	BR - Life Cereal/Bananas/Milk	BR - Kix Cereal/Grapes/Milk
LN - Nachos/Carrots/Fruit Cocktail/Milk	LN - Grilled Turkey and Cheese on WW/Corn/Apple Sauce/Milk	LN - Meatball Sub on WW/Broccoli/Mandrin Oranges/Milk	LN - Grilled Chicken Quesadilla/Salad/Ranch/Pineapple/Milk	LN - Chicken Strips/Green Beans/Pears/Milk
SN - Saltines/Milk	SN - Cheez-its/Milk	SN - Chips and Salsa/Milk	SN - Teddy Grahams/Milk	SN - Jell-O/String Cheese/Milk
19	20	21	22	23
BR - Mini Muffins/Apples/Milk	BR - Mini Spooners/Blueberries/Milk	BR - Pancakes/Syrup/Oranges/Milk	BR - Chex Cereal/Strawberries/Milk	BR - Blueberry Waffles/Syrup/Bananas/Milk
LN - WW Beefaroni/Cucumbers/Ranch/Peaches/Milk	LN - Grilled Ham and Cheese on WW/ French Fries/Ketchup/Fruit Cocktail/Milk	LN - Mac and Cheese w/ WW/Celery/Ranch/Apple Sauce/Milk	LN - Peanut Butter & Jelly on WW/Mandrine Oranges/Carrots/Ranch/Milk	LN - Sloppy Joe on WW Bun/Salad/Ranch/Pineapple/Milk
SN - Cinnamon Graham Crackers/Milk	SN - Butter Rounds/Milk	SN - Peanut Butter Crackers/Milk	SN - Animal Crackers/Milk	SN - Pretzels/Milk
26	28	29	30	
BR - Mini Muffins/Grapes/Milk	BR - Life Cereal/Apples/Milk	BR - Cinnamon Toast Sticks/Syrup/Blueberries/Milk	BR - Kix Cereal/Oranges/Milk	BR -
LN - Tacos on WW Tortilla/Corn/Pears/Milk	LN - All Beef Hot Dog on WW Bun/Ketchup/Broccoli/Peaches/Milk	LN - Turkey and Cheese on WW/Green Beans/Fruit Cocktail/Milk	LN - Grilled Cheese on WW/Carrots/Ranch/Apple Sauce/Milk	LN -
SN - Honey Graham Crackers/Milk	SN - Vanilla Yogurt/ Vanilla Waffers/Milk	SN - Scooby Snacks/Milk	SN - Goldfish/Milk	SN -

Menu is subject to change.

This institution is an equal opportunity provider.

Whole Milk = Children under 24 months
Skim Milk = Children over 24 months
WG = Whole Grain / WW = Whole Wheat