

Fall/Winter

WEEK ONE MENU

Menu for children 1 to 12 years old

Meal Components	Quantity Required Ages 1 - 2	Quantity Required Ages 3 - 5	Quantity Required Ages 6-12	Monday Date_____	Tuesday Date_____	Wednesday Date_____	Thursday Date_____	Friday Date_____
Breakfast <ul style="list-style-type: none"> Grain/bread Cereal cooked Cereal ready to eat Fruit or vegetable Milk, fluid: Unflavored Whole, 1%, Lactose Free, Soy Meat Alternate-up to 3x 	½ slice ¼ cup ¼ cup ¼ cup 1 yr-4 oz whl 2 yr-4 oz 1% all unflavored ½ ounce	½ slice ¼ cup ¼ cup ½ cup 6 oz 1% unflavored ½ ounce	1 slice ½ cup 1 ¼ cup ½ cup 8 oz 1% unflavored 1 ounce	<ul style="list-style-type: none"> WG Cheerios Fresh Bananas Milk 	<ul style="list-style-type: none"> Scrambled Egg Patty Baked Hash Brown Patties Milk 	<ul style="list-style-type: none"> WG Warm, Creamy Oatmeal Apple Slices Milk 	<ul style="list-style-type: none"> WG French Toast Sticks Chilled Grapefruit Milk 	<ul style="list-style-type: none"> WG Rice Chex Cereal Juicy Apricots Milk
Lunch <ul style="list-style-type: none"> Meat, Soy, Cheese Dry Beans or Peas <u>Soy or Seed Butters*</u> *Meets 1/2 of Requirement Yogurt <p>R = Recipe CN = Child Nutrition Label VEG = Vegetarian Option</p> <ul style="list-style-type: none"> Vegetable (1 or 2) Fruit (1 or 0 if 2 veg) Grain/bread WW = Whole Wheat WG = Whole Grain WWW = White Whole Wheat Milk, fluid: Unflavored Whole, 1%, Lactose Free, Soy 	1 ounce ¼ cup 2 TBSP ½ cup	1½ oz's 3/8 cup 3 TBSP ¾ cup	2 ounces ½ cup 4 TBSP 1 cup	<ul style="list-style-type: none"> Chicken & Cheese Quesadilla (R) VEG: Cheese Quesadilla Black Beans Diced Pears WG Tortilla Milk 	<ul style="list-style-type: none"> Beef w/Asian or Teriyaki Sauce VEG: Soy Beef Patty Cooked Broccoli Mandarin Oranges WG Rice Milk 	<ul style="list-style-type: none"> Diced Turkey Ham Mac-N-Cheese (R) VEG: Cheese Pasta Bake Green Beans Sweet Corn WG Elbow Macaroni Milk 	<ul style="list-style-type: none"> Grilled Chicken VEG: Soy Chicken Patty Baked Sweet Potatoes Sweet Green Peas WG Fresh Baked Bread Stick Milk 	<ul style="list-style-type: none"> Scrambled Egg w/Cheese Sprinkle VEG: Black Beans Mixed Veggies: Carrots, Potatoes, Peas, Corn, Green Beans, Lima Beans Mixed Fruit with: Pears, Pineapple, Peaches, Grapes, Cherries & pear juice WG French Toast Sticks Milk
PM Snack: 2 of these 5 components will be present) <ul style="list-style-type: none"> Grain/bread (See Lunch Components) Juice or fruit Vegetable Milk, fluid, Unflavored Meat, Soy, Cheese Dry Beans or Peas Soy or Seed Butters Yogurt 	½ slice or serving Cereal – ¾ cup ½ cup ½ cup 1 yr-4 oz whl 2 yr-4 oz 1% all unflavored ½ ounce 1/8 cup 1 TBSP ¼ cup	½ slice or serving Cereal – ¾ cup ½ cup ½ cup 4 oz 1% unflavored ½ ounce 1/8 cup 1 TBSP ¼ cup	1 slice or serving Cereal – 1¼ cup ¾ cup ¾ cup 8 oz 1% unflavored 1 ounce 1/4 cup 2 TBSP ½ cup	<ul style="list-style-type: none"> Cinnamon Raisin Bagels Milk 	<ul style="list-style-type: none"> WG Goldfish Crackers Applesauce 	<ul style="list-style-type: none"> Soft Pretzel Bites Pineapple Tidbits 	<ul style="list-style-type: none"> Graham Crackers w/Sun Butter Fresh, Chilled Apple Slices 	<ul style="list-style-type: none"> WG Funnel Cake Waffles Milk

Children up to age 4 may require texture modification or substitutions of some foods to avoid choking.
Water is made available to drink during meal service and throughout the day in all classrooms.
“This institution is an equal opportunity provider.”

Meal Patterns and selections for each menu are based on nutritional guidelines mandated by the USDA's Choose My Plate program and other mandatory state guidelines, with the best interest of the child's nutrition in mind. Visit ChooseMyPlate.gov for more information.