

Food Service Menu

				Food Service Menu					
				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
				3-Mar	4-Mar	5-Mar	6-Mar	7-Mar	
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	Honey Cherrios Cereal	WG Apple Cinnamon Muffin	WG Kix Cereal	WG Bagel(1.75oz)/Cream Cheese	Rice Crispi Cereal	
Fruit	1/4c.	1/2c.	1/2c.	Pineapple Tidbits	Fresh Kiwi	Blueberries	Diced Strawberries	Fresh Apple Slices	
Meat/	1 oz.	1 1/2 oz.	2 oz.	CN WG Chicken Tenders	WG Garlic Pizza Bread	Beef &Chicken Meatballs	Diced Chicken & Gravy	Beef Taco Sticks	
Meat Alt					(2oz.Multi Cheeses)	(Spaghetthi Sauce)	(Chicken Gravy Sauce)	(Taco Meat,Cheedar,Mozzarella Cheese)	
Grain	1/2 oz eq	1/2 oz eq	1oz eq		(2oz Garlic French Bread)	Spaghetthi Noodles With Sauce	Hawaiin Roll	WG Flour Tortilla	
Vegetable	1/8c.	1/4c.	1/2c.	Diced Season Potatoes	Romaine Lettuce Salad	Green Beans	Diced Carrots	Corn	
Fruit	1/8c.	1/4c.	1/3c.	Blue Raspberry Applesauce	Diced Pears In Juice	Fresh Oranges	Mango	Fresh Banana	
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 Wheat Thins	WG Pita Bread	WG Blueberry Bread	Soy Butter Nut- Free Cups	
Fruit/Veg	1/2c.	1/2c.	3/4c.	Mango		Cucumbers And Ranch	Diced Pears In Juice	Celery Sticks	
Meat/Alt	1/2oz.	1/2 oz.	1oz.		Mozzarella Cheese Stick				
1-2 Yrs	3-5 YRS	6+ YRS	10-Mar	11-Mar	12-Mar	13-Mar	14-Mar		
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 Snack & Waffle	Corn Flakes Cereal	WG English Muffin/Jelly	WG Rice Chex Cereal	WG Apple Muffin	
Fruit	1/4c.	1/2c.	1/2c.	Sliced Peaches	Mandarins Orange Segments	Fresh Kiwi	Pineapple Tidbits	Diced Pears	
Meat/	1 oz.	1 1/2 oz.	2 oz.	CN WG Chicken Patties	WG Macaroni and Cheese	Chicken Fajita	Stloppy Joe Meat	Turkey Sandwich Wedges	
Meat Alt				American Cheese	(3 oz Cheddar Cheese Sauce	(1 1/2 oz, Chicken Breast Strip	(Ground Beef,Manwich Sauce)	(2oz. Turkey and Cheese	
Grain	1/2 oz eq	1/2 oz eq	1oz eq	WG Bun	3 oz WG Elbow Macaroni)	1 oz. WG Tortilla)	WG Bun	Wheat Bread (2 Slices)	
Vegetable	1/8c.	1/4c.	1/2c.	WG Tater tots	Italian Vegetable Blend	Roasted Corn & Black Beans	Diced Carrots	Celery Sticks	
Fruit	1/8c.	1/4c.	1/3c.	Blueberries	Pineapple Tidbits	Fresh Apples Slices	Diced Strawberries	Fresh Banana	
						(1/2oz.) Mexican Cheese		Ranch Dressing	
Milk*	4 oz.	6 oz.	8 oz.	Whole/1%Milk	Whole/1%Milk	Whole/1%Milk	Whole/1%Milk	Whole1%Milk	
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Gold Fish	WG Wow Butter Sanwiches	WG Banana Bread	Graham Crackers	WG Mini Pretzel	
Fruit/Veg	1/2c.	1/2c.	3/4c.	Baby Carrots/Ranch	Fresh Banana	Diced Peaches	Blueberries	Mozzarella Cheese Sticks	
Meat/Alt	1/2oz.	1/2 oz.	1oz.						
1-2 Yrs	3-5 YRS	6+ YRS	17-Mar	18-Mar	19-Mar	20-Mar	21-Mar		
Milk*	4 oz.	6 oz.	8 oz.	Whole/1%Milk	Whole/1%Milk	Whole/1%Milk	Whole/1%Milk	Whole1%Milk	
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Cocoa Puffs Cereal	WG Bagels/Cream Cheese	Special K Cereal	WG Banana Muffin	WG Cinnamon Toast Crunch	
Fruit	1/4c.	1/2c.	1/2c.	Fresh Apples	Pineapple Tidbits	Fresh Banana	Diced Strawberries	Fresh Mandarins	
Meat/	1 oz.	1 1/2 oz.	2 oz.	CN WG Chicken Fritters	Meatloaf	BBQ Chicken	Chili With Beans	Turkey Pattie	
Meat Alt					(Cheese & Ketchup)			American Cheese/Pickles	
Grain	1/2 oz eq	1/2 oz eq	1oz eq		WG Roll	WG Brown Rice	WG Corn Bread	WG Bun	
Vegetable	1/8c.	1/4c.	1/2c.	Peas	Roasted Seasoned Corn	Broccoli	Green Beans	Romain Lettuce	
Fruit	1/8c.	1/4c.	1/3c.	Blueberries	Sliced Peaches In Juice	Mango	Cinnamon Applesauce	Diced Pears In Juice	
Milk*	4 oz.	6 oz.	8 oz.	Whole/1%Milk	Whole/1%Milk	Whole/1%Milk	Whole/1%Milk	Whole1%Milk	
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	Baby Carrots/Ranch	WG Emoji Graham Graham	WG Ritz Crackers	WG Blueberry Bread	WG Cheeder Chex Mix	
Fruit/Veg	1/2c.	1/2c.	3/4c.	Mango	Mandarins		Blueberries	Cucumber/Italian Dressing	
Meat/Alt	1/2oz.	1/2 oz.	1oz.			Cube Cheese			

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				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1-2 Yrs		3-5 YRS	6+ YRS	24-Mar	25-Mar	26-Mar	27-Mar	28-Mar	
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 Croissants/Jelly	WG Trix Cereal	WG Snack & Waffle	WG Apple Jacks Cereal	WG Blueberry Bread	
Fruit	1/4c.	1/2c.	1/2c.	Sliced Peaches In Juice	Mango	Fresh Mandarins	Diced Strawberries	Blueberries	
Meat/	1 oz.	1 1/2 oz.	2 oz.	Diced Turkey & Gravy	Chicken Philly	Beef Taco Meat	Chicken Parmesan	Meatball Subs	
Meat Alt					(Sliced Chicken Peppers and Onions)	(Seasoned Ground Beef)	(W Sauce)(Parmesan Cheese)	(4 Beef&Chicken Meatballs, Spaghetthi Sauce)	
Grain	1/2 oz eq	1/2 oz eq	1oz eq	Hawaiin Roll	WG Hot Dog Bun	WG Flour Tortilla	WG Rotini Noodles	WG Hot Dog Bun	
Vegetable	1/8c.	1/4c.	1/2c.	Green Beans	Diced Seasoned Potatoes	Shredded Lettuce/Mexican Cheese	Green Peas	Diced Carrots	
Fruit	1/8c.	1/4c.	1/3c.	Applesauce	Fresh Banana	Pineapple Tidbits	Mango	Sliced Peaches In Juice	
Milk*	4oz.	6oz.	8oz.	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	Saltine Crackers	WG Apple Muffin	WG Cheez-its		WG Sun Chips	
Fruit/Veg	1/2c.	1/2c.	3/4c.		Fresh Melon	Fresh Kiwi	Fresh Apples	Fresh Banana	
Meat/Alt	1/2oz.	1/2 oz.	1oz.	Colby Jack Cheese Stick			Chocolate Cheakpea Hummus		
1-2 Yrs		3-5 YRS	6+ YRS	31-Mar					
Milk*	4 oz.	6 oz.	8 oz.	Whole/1%Milk					
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Banana Muffin					
Fruit	1/4c.	1/2c.	1/2c.	Pineapple					
Meat/	1 oz.	1 1/2 oz.	2 oz.	WG Breakfast Burrito					
Meat Alt									
Grain	1/2 oz eq	1/2 oz eq	1oz eq						
Vegetable	1/8c.	1/4c.	1/2c.	Tater Tots					
Fruit	1/8c.	1/4c.	1/3c.	Fresh Melon					
Milk*	4oz.	6oz.	8oz.	Whole/1%Milk					
Grain	1/2 oz eq	1/2 oz eq	1 oz eq	WG Granola Crackers					
Fruit/Veg	1/2c.	1/2c.	3/4c.						
Meat/Alt	1/2oz.	1/2 oz.	1oz.	Hard Boiled Eggs					
<p>*Serve Only WHOLE MILK To Children Between The Ages Of 1 And 2. Serve Only 1% To Children Ages 2 And Older.</p> <p>**Meat And Cheese:1 oz=1 ounce, 1/2 Egg=oz.,1/2c. Beans/Beans=1oz.,2 Tbsp Seed Butter=1oz.,1/2c.Yogurt=1oz.</p> <p>WG Next To Item=Whole Grain. At Least 1 Item Per Day MUST Be Whole Grain</p> <p>Oz Eq=Ounce Equivalent</p> <p>WATER IS AVAILABLE UPON CHILDREN REQUEST AT ALL TIMES</p>									