

	Week 1																			
Meal Component	Monday				Tuesday				Wednesday				Thursday				Friday			
AM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr		
Water		4oz	4oz	8oz	Water		4oz	4oz	8oz	Water		4oz	4oz	8oz	Water		4oz	4oz	8oz	
Bread/Alternate		5	5	8	WG Mini Wheats		4oz	4oz	8oz	Enriched Pretzel sticks		16	16	31	Enriched Tortilla		4in	4in	6in	
Meat/Alternate					WG Cheerios		4oz	4oz	8oz	Cottage Cheese		1oz	1oz	2oz	Sunbutter		1tbsp	1tbsp	2tbsp	
Fruit		4oz	4oz	6oz	Banana		1/2	1/2	1						Jelly					
Vegetable																				
Other																				
Lunch	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr		
<b>Lunch</b>	<b>Bowtie Pasta</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Bologna &amp; Cheese Sandwich</b>	<b>1/4</b>	<b>1/4</b>	<b>1/2</b>	<b>Taco Rice</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Looseburger</b>	<b>1/2</b>	<b>1/2</b>	<b>1</b>	<b>Scrambled Eggs</b>	<b>1</b>	<b>1</b>	<b>1</b>
Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	
Grain		2oz	2oz	4oz	WG Bread		1/2	1/2	1	WG Rice		2oz	2oz	4oz	Hamburger Bun		1/2	1/2	1	
Meat/Alternate		1oz	1.5oz	2oz	Bologna, Cheese		1oz	1.5oz	2oz	Ground Turkey		1oz	1.5oz	2oz	Ground Beef		1oz	1.5oz	2oz	
Fruit		1oz	2oz	2oz	Pineapple		1oz	2oz	2oz	Pears		1oz	2oz	2oz	Blueberries		1oz	2oz	2oz	
Vegetable		1oz	2oz	4oz	Pickles		2	4	8	Refried Beans		1oz	2oz	4oz	Roasted Broccoli		1oz	2oz	4oz	
Other					Baked Beans		1oz	1oz	1oz											
PM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr		
Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	
Bread/Alternate		1/2	1/2	1	WG Goldfish		2oz	2oz	3oz	Enriched Chex Mix		3oz	3oz	4oz	WG Ranch Noodles		2oz	2oz	4oz	
Meat/Alternate																				
Fruit																				
Vegetable																				
Other					Pizza Sauce															

	Week 2																			
Meal Component	Monday				Tuesday				Wednesday				Thursday				Friday			
AM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr		
Water		4oz	4oz	8oz	Water		4oz	4oz	8oz	Water		4oz	4oz	8oz	Water		4oz	4oz	8oz	
Bread/Alternate										Enriched Graham Cracker		1	1	2	WG Bread		1/4	1/4	1/2	
Meat/Alternate		1/2	1/2	1	Yogurt Dip		1/2oz	1/2oz	1oz	Sunbutter		1tbsp	1tbsp	2tbsp	Ham or Bologna		1/2oz	1/2oz	1oz	
Fruit		4oz	4oz	6oz	Apples		1/2	1/2	1											
Vegetable																				
Other																				
Lunch	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr		
<b>Lunch</b>	<b>Tuna &amp; Noodles</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Chicken Fajita</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>Chili</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Sloppy Joes</b>				<b>Baked Pancakes</b>			
Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	
Grain		2oz	2oz	4oz	Enriched Tortilla		4in	4in	8in	Enriched Saltines		4	4	8	Hamburger Bun		1/2	1/2	1	
Meat/Alternate		1oz	1.5oz	2oz	Chicken		1oz	1.5oz	2oz	Ground Beef		in chili		Ground Beef		1oz	1.5oz	2oz		
Fruit		1oz	2oz	2oz	Mandarin Oranges		1oz	2oz	2oz	Pears		1oz	2oz	2oz	Banana		1/2	1/2	1/2	
Vegetable		1oz	2oz	4oz	Refried Beans		1oz	2oz	4oz	Baked Beans		in chili		Corn		1oz	2oz	4oz		
Other																				
PM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr		
Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	Milk		4oz	4oz	8oz	
Bread/Alternate		1/4	1/4	1/2	Enriched Cracker Mix		3oz	3oz	4oz	Enriched Trail Mix		3oz	3oz	4oz	WG Kix or Chex		4oz	4oz	8oz	
Meat/Alternate																				
Fruit																				
Vegetable																				
Other					Jelly															

\*\*updated March 2023\*\*

Week 3																									
Meal Component	Monday					Tuesday					Wednesday					Thursday					Friday				
AM Snack	1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr		
Water	Water	4oz	4oz	8oz		Water	4oz	4oz	8oz		Water	4oz	4oz	8oz		Water	4oz	4oz	8oz		Water	4oz	4oz	8oz	
Bread/Alternate						WG Goldfish	2oz	2oz	3oz		Enriched Wheat Rounds	4	4	7		Enriched Tortilla	4in	4in	6in		Enriched Saltines	4	4	8	
Meat/Alternate											Sunbutter	1tbsp	1tbsp	2tbsp		Cheese Slices	1/2	1/2	1		Tuna Salad	1/2oz	1/2oz	1oz	
Fruit	Cottage Cheese	1oz	1oz	2oz		Banana	1/2	1/2	1																
Vegetable	Pineapple	4oz	4oz	6oz																					
Other																									
Lunch	1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr		
<b>Lunch</b>	<b>Pizza Pasta</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>		<b>Ham &amp; Cheese Sandwich</b>					<b>Shepherd's Pie</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>		<b>Grilled Chicken Patty</b>					<b>English Muffin Pizza</b>				
Milk	Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz	
Grain	Bowtie Noodles	2oz	2oz	4oz		WG Bread	1/4	1/4	1/2		WG Bread	1/2	1/2	1		Hamburger Bun					Enriched English Muffin	1/4	1/4	1/2	
Meat/Alternate	Ground Beef	1oz	1.5oz	2oz		Baked Beans	1oz	1oz	1oz		Ground Beef	1oz	1.5oz	2oz		Chicken Patty	1oz	1.5oz	2oz		Shredded Mozzarella Cheese	1oz	1.5oz	2oz	
Fruit	Peaches	1oz	2oz	2oz		Mandarin Oranges	1oz	2oz	3oz		Pears	1oz	2oz	2oz		Mixed Fruit	1oz	2oz	2oz		Applesauce	1oz	2oz	2oz	
Vegetable	Green Beans	1oz	2oz	4oz		Pickles	2	4	8		Mashed Potatoes	1oz	2oz	4oz		Cauliflower	1oz	2oz	4oz		Baby Carrots	1oz	2oz	4oz	
Other																									
PM Snack	1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr		
Milk	Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz	
Bread/Alternate	WG Bagel	1/4	1/4	1/2		Enriched Oyster Crackers	3oz	3oz	4oz		Enriched Chex Mix	3oz	3oz	4oz		Chips	4	4	7		WG 3 Ring Pretzles	7	7	14	
Meat/Alternate																									
Fruit																									
Vegetable																									
Other	Butter														Salsa										

Week 4																									
Meal Component	Monday					Tuesday					Wednesday					Thursday					Friday				
AM Snack	1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr		
Water	Water	4oz	4oz	8oz		Water	4oz	4oz	8oz		Water	4oz	4oz	8oz		Water	4oz	4oz	8oz		Water	4oz	4oz	8oz	
Bread/Alternate	Enriched Animal Crackers	8	8	15							Enriched Wheat Rounds	4	4	7		WG Bagel	1/4	1/4	1/2		Enriched Veggie Rounds	4	4	7	
Meat/Alternate						Ham or Bologna	1/2oz	1/2oz	1oz		Cheese Stick	1/2	1/2	1		Sunbutter	1tbsp	1tbsp	2tbsp		Hummus	1/2oz	1/2oz	1oz	
Fruit	Applesauce	4oz	4oz	6oz		Cuties	1	1	2																
Vegetable																									
Other											Pizza Sauce														
Lunch	1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr		
<b>Lunch</b>	<b>Beef Stroganoff</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>		<b>Taco</b>	<b>1</b>	<b>1</b>	<b>1</b>		<b>Shredded Pork</b>					<b>Cheesy Chicken</b>					<b>Fish Shapes</b>				
Milk	Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz	
Grain	Egg Noodles	2oz	2oz	4oz		Tortilla	4in	4in	6in		Enriched Dinner Roll	1/2	1/2	1		Hamburger Bun	1/2	1/2	1		WG Bread	1/2	1/2	1	
Meat/Alternate	Ground Turkey	1oz	1.5 oz	2 oz		Ground Beef	1oz	1.5oz	2oz		Shredded Pork	1oz	1.5oz	2oz		Chicken	1oz	1.5oz	2oz		Fish	1	1.5	2	
Fruit	Peaches	1oz	2oz	2oz		Pineapple	1oz	2oz	2oz		Pears	1oz	2oz	2oz		Banana	1/2	1/2	1/2		Applesauce	1oz	2oz	2oz	
Vegetable	Wax Beans	1oz	2oz	4oz		Lettuce/Tomato	1oz	2oz	4oz		Mashed Potatoes	1oz	2oz	4oz		Broccoli	1oz	2oz	4oz		Corn	1oz	2oz	4oz	
Other																									
PM Snack	1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr			1-2yr	3-5yr	6+ yr		
Milk	Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz		Milk	4oz	4oz	8oz	
Bread/Alternate	WG Bread	1/4	1/4	1/2		WG Wheat Thins	6	6	12		WG Trail Mix	3oz	3oz	4oz		WG Macaroni Salad	2oz	2oz	4oz		WG Cheerios or Balance	4oz	4oz	8oz	
Meat/Alternate																									
Fruit																									
Vegetable																									
Other	Butter w/ Cinn. Sugar																								

\*\*updated March 2023\*\*

	Week 5																			
Meal Component	Monday			Tuesday			Wednesday			Thursday			Friday							
AM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr					
Water		4oz	4oz	8oz		4oz	4oz	8oz		4oz	4oz		4oz	4oz	8oz					
Bread/Alternate	WG Mini Wheats	5	5	8	WG Cheerios	4oz	4oz	8oz	Enriched Pretzel sticks	1oz	1oz	2oz	Enriched Tortilla	4in	4in	6in				
Meat/Alternate									Cottage Cheese	16	16	31	Sunbutter	1tbsp	1tbsp	2tbsp				
Fruit	Mixed Fruit	4oz	4oz	6oz	Banana	1/2	1/2	1								Chicken Salad	1/2oz	1/2oz	1oz	
Vegetable													Jelly							
Other																				
Lunch	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr					
<b>Lunch</b>	<b>Spaghetti</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Sub Sandwich</b>	<b>1/2</b>	<b>1/2</b>	<b>1</b>	<b>Mac &amp; Cheese</b>	<b>2oz</b>	<b>2oz</b>	<b>4oz</b>	<b>Cheeseburger</b>	<b>1/2</b>	<b>1/2</b>	<b>1</b>	<b>Scrambled Eggs</b>	<b>1</b>	<b>1</b>	<b>1</b>
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz
Grain	WG Spaghetti Noodles	2oz	2oz	4oz	Hotdog Bun	1/2	1/2	1	WG Elbow Noodles	2oz	2oz	4oz	Hamburger Bun	1/2	1/2	1	WG Bread	1/2	1/2	1
Meat/Alternate	Ground Turkey	1oz	1.5oz	2oz	Turkey, Bologna, Cheese	1 oz	1.5 oz	2 oz	Ham	1oz	1.5oz	2oz	Beef	1oz	1.5oz	2oz	Egg	1/2	3/4	1
Fruit	Peaches	1oz	2oz	2oz	Mandarin Oranges	1oz	2oz	2oz	Pears	1oz	2oz	2oz	Blueberries	1oz	2oz	2oz	Applesauce	1oz	2oz	2oz
Vegetable	Green Beans	1oz	2oz	4oz	Pickles	2	4	8	Peas	1oz	2oz	4oz	Lettuce/Tomato	1oz	2oz	4oz	Diced Carrots	1oz	2oz	4oz
Other																				
PM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr					
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz
Bread/Alternate	Enriched Breadstick	1/2	1/2	1	WG Goldfish	2oz	2oz	3oz	Enriched Chex Mix	3oz	3oz	4oz	WG Ranch Noodles	2oz	2oz	4oz	Enriched Graham Crackers	1	1	2
Meat/Alternate																				
Fruit																				
Vegetable																				
Other	Pizza Sauce																			

	Week 6																			
Meal Component	Monday			Tuesday			Wednesday			Thursday			Friday							
AM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr					
Water	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz
Bread/Alternate									Enriched Graham Cracker	1	1	2	WG Bread	1/4	1/4	1/2	Enriched Veggie Rounds	4	4	7
Meat/Alternate	Cheese Stick	1/2	1/2	1	Yogurt Dip	1/2oz	1/2oz	1oz	Sunbutter	1tbsp	1tbsp	2tbsp	Ham or Bologna	1oz	1.5oz	2oz	Cheese Slices	1/2	1/2	1
Fruit	Cinnamon Applesauce	4oz	4oz	6oz	Apples	1/2	1/2	1												
Vegetable																				
Other																				
Lunch	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr					
<b>Lunch</b>	<b>Chicken &amp; Noodles</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Cheese Quesadilla</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>Tator Tot Casserole</b>	<b>2oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Grinder</b>	<b>1/2</b>	<b>1/2</b>	<b>1</b>	<b>Tuna Melt</b>	<b>1/2</b>	<b>1/2</b>	<b>1</b>
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz
Grain	Egg Noodles	2oz	2oz	4oz	Enriched Tortilla	4in	4in	6in	WG Bread & Butter	1/2	1/2	1	Hotdog Bun	1/2	1/2	1	Enriched English Muffin	1/2	1/2	1
Meat/Alternate	Chicken	1oz	1.5oz	2oz	Cheese	1oz	1.5oz	2oz	Ground Turkey	1oz	1.5oz	2oz	Ground Beef	1oz	1.5oz	2oz	Tuna	1oz	1.5oz	2oz
Fruit	Peaches	1oz	2oz	2oz	Pineapple	1oz	2oz	2oz	Pears	1oz	2oz	2oz	Mixed Fruit	1oz	2oz	2oz	Applesauce	1oz	2oz	2oz
Vegetable	Green Beans	1oz	2oz	4oz	Refried Beans	1oz	2oz	4oz	Corn	1oz	2oz	4oz	Roasted Cauliflower	1oz	2oz	4oz	Peas	1oz	2oz	4oz
Other									Tator Tots											
PM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr					
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz
Bread/Alternate	WG Bread	1/4	1/4	1/2	Enriched Cracker Mix	3oz	3oz	4oz	WG Trail Mix	3oz	3oz	4oz	WG Kix or Chex	4oz	4oz	8oz	Enriched Animal Crackers	8	8	15
Meat/Alternate																				
Fruit																				
Vegetable																				
Other	Jelly																			

\*\*updated March 2023\*\*

	<b>Week 7</b>																													
Meal Component	Monday						Tuesday						Wednesday						Thursday						Friday					
AM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr												
Water	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz										
Bread/Alternate					WG Goldfish	2oz	2oz	3oz	Enriched Wheat Rounds	4	4	7	Enriched Tortilla	4in	4in	6in	Enriched Saltines	4	4	8										
Meat/Alternate									Sunbutter	1tbsp	1tbsp	2tbsp	Cheese Slices	1/2	1/2	1	Tuna Salad	1/2oz	1/2oz	1oz										
Fruit	Cottage Cheese	1oz	1oz	2oz	Banana	1/2	1/2	1																						
Vegetable	Pineapple	4oz	4oz	6oz																										
Other																														
Lunch	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr												
<b>Lunch</b>	<b>Goulash</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Meatball Sub</b>				<b>Chicken &amp; Rice</b>	<b>2oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>BBQ Pork</b>	<b>1/2</b>	<b>1/2</b>	<b>1</b>	<b>Cheese Pizza</b>	<b>1/16</b>	<b>1/12</b>	<b>1/8</b>										
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz										
Grain	WG Elbow Macaroni	2oz	2oz	4oz	Hotdog Bun	1/2	1/2	1	WG Rice	2oz	2oz	4oz	Hamburger Bun	1/2	1/2	1	Enriched Pizza Crust	1/16	1/12	1/8										
Meat/Alternate	Ground Beef	1oz	1.5oz	2oz	Meatballs	1oz	1.5oz	2oz	Chicken	1oz	1.5oz	2oz	Pork	1oz	1.5oz	2oz	Cheese	1oz	1.5oz	2oz										
Fruit	Peaches	1oz	2oz	2oz	Mandarin Oranges	1oz	2oz	2oz	Pears	1oz	2oz	2oz	Mixed Fruit	1oz	2oz	2oz	Applesauce	1oz	2oz	2oz										
Vegetable	Green Beans	1oz	2oz	4oz	Pickles	2	4	8	Broccoli	1oz	2oz	4oz	Mashed Potatoes	1oz	2oz	4oz	Baby Carrots	1oz	2oz	4oz										
Other																														
PM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr												
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz										
Bread/Alternate	WG Bagel	1/4	1/4	1/2	Enriched Oyster Crackers	3oz	3oz	4oz	Enriched Chex Mix	3oz	3oz	4oz	Chips	4	4	7	WG 3 Ring Pretzles	7	7	14										
Meat/Alternate																														
Fruit																														
Vegetable																														
Other	Butter												Salsa																	

	<b>Week 8</b>																													
Meal Component	Monday						Tuesday						Wednesday						Thursday						Friday					
AM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr												
Water	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz	Water	4oz	4oz	8oz										
Bread/Alternate	Enriched Animal Crackers	8	8	15	Ham or Bologna	1/2oz	1/2oz	1oz	Enriched Wheat Rounds	4	4	7	WG Bagel	1/4	1/4	1/2	Enriched Veggie Rounds	4	4	7										
Meat/Alternate									Cheese Stick	1/2	1/2	1	Sunbutter	1tbsp	1tbsp	2tbsp	Hummus	1/2oz	1/2oz	1oz										
Fruit	Applesauce	4oz	4oz	6oz	Cuties	1	1	2																						
Vegetable									Pizza Sauce																					
Other																														
Lunch	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr												
<b>Lunch</b>	<b>Taco Twist</b>	<b>3oz</b>	<b>3.5oz</b>	<b>6oz</b>	<b>Turkey &amp; Cheese Rollup</b>	<b>1</b>	<b>1</b>	<b>1</b>	<b>Chicken Nuggets</b>	<b>1.5</b>	<b>2</b>	<b>3</b>	<b>Hotdog</b>	<b>1/2</b>	<b>1/2</b>	<b>1</b>	<b>French Toast Sticks</b>	<b>2</b>	<b>2</b>	<b>4</b>										
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz										
Grain	WG Rotini				Enriched Tortilla	4in	4in	8in	WG Bread & Butter	1/2	1/2	1	Hotdog Bun	1/2	1/2	1	French Toast Sticks	2	2	4										
Meat/Alternate	Ground Beef				Turkey & Cheese	1oz	1.5oz	2oz	Chicken Nuggets	1.5	2	3	Beef	1/2	3/4	1	Sausage Patty	1/2	3/4	1.5										
Fruit	Peaches	1oz	2oz	2oz	Pineapple	1oz	2oz	2oz	Pears	1oz	2oz	2oz	Mixed Fruit	1oz	2oz	2oz	Applesauce	1oz	2oz	2oz										
Vegetable	Corn	1oz	2oz	4oz	Lettuce/Tomato	1oz	2oz	4oz	Mashed Potatoes	1oz	2oz	4oz	Baked Beans	1oz	2oz	4oz	Wax Beans	1oz	2oz	4oz										
Other																														
PM Snack	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr	1-2yr	3-5yr	6+ yr												
Milk	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz	Milk	4oz	4oz	8oz										
Bread/Alternate	WG Bread	1/4	1/4	1/2	WG Wheat Thins	6	6	12	WG Trail Mix	3oz	3oz	4oz	WG Macaroni Salad	2oz	2oz	4oz	WG Cheerios or Balance	4oz	4oz	8oz										
Meat/Alternate																														
Fruit																														
Vegetable																														
Other	Butter w/ Cinn. Sugar																													

\*\*updated March 2023\*\*