

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				Hash Brown	
Starch	Strawberry	Toast(♥)	Biscuits and	Sticks	Blueberry
Fruit	PopTarts(♥)	Jelly	Sausage Gravy	Bananas(°)	Muffins(*)
Other			Pears(°)	Syrup	
AM Snack	Saltine Crackers	Soft Pretzel	Cinnamon	Townhouse Crackers	Graham
Component	String Cheese(*)	w\ Cheese(*°)	Goldfish	American Cheese(*)	Crackers
Lunch	Homemade		Homemade		
Protien	Chicken Stir	Beefy	Tuna	Bologna and Cheese	Chicken Breast
Starch	Fry and Rice	Ravioli(Ω*)	Casserole(♥*)	Sandwich(♥)	Nugget(°♥)
Fruit	Peaches(°^)	Apple Crecents	Apricots(°^)	Pears(°)	Bananas(°)
Vegetable	Stuffed Spudz(*)	Zuchinni(°)	Green Beans(°)	Green Peas(^°)	Broccoli(°~)
Other					Ranch preschool
PM Snack	Oatmeal	Cereal	Animal	Ritz	Sea
Component	Cookies(∞)	Mix(*)	Crackers(∞)	Crackers	Mix(*)

1 Serving Spoon Is Equal To 1/4 Cup

(♥) Made With Whole Grain

(*) Contains Milk

(&) Contains Egg

(∞) May Contain Traces of Peanut

(Ω) Contains Beef

(@) Gluten Free

(~) Meets Vitamin C Requirements

(^) Meets Vitamin A Requirements

All Hot Food Held At 141 Degrees or Higher

All Cold Foods Held At 40 Degrees or Lower

Serving Sizes:

Protien:

Fruit and Vegetable:

Starch:

Drink:

ITT

1oz

1/4c

1oz

1/2c

Meals Served At:

Breakfast - 7:30am

AM Snack - 9:30am

Lunch ITT - 11:30am

Lunch Preschool - 11:45am

Lunch School Age - 12:00pm

PM Snack - 2:30pm to 3:30pm

Preschool

1.5oz

1/2c

1.5oz

3/4c

School Age

2oz

3/4c

2oz

1c

Beverages Served:

Breakfast - Milk

AM Snack 100% Juice(~)

Lunch - Milk

PM Snack - Milk