

Week 4 Vacation	Monday	Tuesday	Wednesday	Thursday	Friday
Starch	Strawberry PopTarts(♥)	Assorted Donuts(∞*)	Assorted NutraGrain Bar(♥)	Bagel with Cream Cheese(*) Juice(~)	Assorted Muffins(*∞)
AM Snack Component	Teddy Grahams	Club Crackers	Ritz Crackers	Wheat Thins(♥) Crackers ITT	Cinnamon Goldfish(♥)
Lunch		Homemade			
Protien	Cheese	Mac and	Beef	Chicken	Fish
Starch	Pizza(*)	Cheese(♥*)	Nuggets(&*Ω)	Fingers	Nibblers(*&)
Fruit	Bananas	Peaches(° ^)	Pears(°)	Pineapple(°)	Oranges(° ~)
Vegetable	Corn(°)	Corn(°)	Green Peas(° ^)	Carrots(^°)	Cucumber(°)
Other			Bar B Q Sauce	Honey Mustard	Ranch preschool
PM Snack Component	Oyster Crackers	Bananas(°)	Cheddar Goldfish(*)	Sea Creatures(*∞)	Chocolate Chip Cookies(*∞)

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

Preschool

1.5oz

1/2c

1.5oz

3/4c

School Age

2oz

3/4c

2oz

1c

Meals Served At:

Breakfast - 7:30am-8:00am

AM Snack - 9:30am-10:00am

Lunch- 11:30am-12:15pm

PM Snack -3:00pm-4:00pm

Beverages Served:

Breakfast - Milk

AM Snack 100% Juice(~)

Lunch - Milk

PM Snack - Milk