

B: milk, Kix cereal (WGRC), cooked apple slices L: milk, chicken/cheese sandwiches (WGR1), cucumbers, mandarin oranges S: ritz crackers, slice cheese	B: milk, waffles, banana L: milk, turkey corn dogs (CN), green beans, cantaloupe S: cereal (WGRC)/cracker (WGR1) trail mix, grape juice	B: milk, blueberry muffin, mixed fruit L: milk, diced barbecue chicken, pita bread (WGR1), cooked broccoli, pears S: breadstick, cheese cubes	B: milk, cheese toast(WGR1), applesauce L: milk, sloppy joes (WGR2)w/ ground hamburger, cooked carrots, diced peaches S: graham crackers (WGR1), banana	B: milk, tortilla w/egg, fresh strawberries L: milk, cheese pizza (CN, WGR1), salad (*sweet potatoes), pineapple S: rainbow yogurt cups, cheerios cereal (WGRC)
B: milk, rice chex cereal (WGRC), mandarin oranges L: milk, hamburger (CN, WGR2), tator tots, raw red apple slices (*cooked apple slices) S: cheese stick, saltine crackers	B: milk,bagel (WGR1) w/cream cheese, fresh strawberries L: milk, spaghetti (WGR2) w/meat sauce,salad(*sweet potatoes), peaches S: applesauce, cereal(cheerios/ rice chex)	B: milk,crescent roll w/ turkey sausage (CN), cheese, pears L: milk, chicken fajita w/ tortilla,steamed broccoli, pineapple tidbits S: orange wedges (*mandarin oranges), soft pretzels (WGR2)	B: milk, blueberry muffin, watermelon L: milk, steak fingers (CN), roll (WGR1), mashed potatoes, pears S: waffle sticks, milk	B: milk, toast (WGR1) w/jelly, banana L: milk, deli turkey rollup w/cheese, green beans, mixed fruit S:broccoli (steamed)w/ ranch and club crackers
B: milk, Kix cereal (WGRC), pears L: milk, turkey slices, garlic bread, corn (mixed vegetables), fresh strawberries S: graham cracker bones (WGR1), apple sauce	B: milk, french toast (CN), cooked apples L: milk, chicken noodle salad, cooked carrots/broccoli, peaches S: chicken/cheese sandwich (WGR1), milk	B: milk, biscuit, egg, mixed fruit L: milk, grilled cheese sandwiches (WGR1),tomato soup, pineapple S: yogurt w/blueberries pops, rice chex	B: milk, English muffin (WGR1) w/turkey sausage, banana L: milk, chicken nuggets (CN), mashed potatoes, bread stick, mandarin oranges S: cheese crackers (WGR1), apple juice	B: milk, pancakes, kiwi & pineapple tidbits L: milk, meatballs (CN), egg noodles (WGR1), sweet potatoes, mixed fruit S:raw green apple slices (*cooked apple slices), cheese cubes
B: milk, cheerios (WGRC), mandarin oranges L: milk, fish sticks (CN), corn bread, blackeye peas, peaches S: chex cheddar mix (WRGC), grape juice	B: milk,roll (WGR1) slider w/ turkey & cheese, applesauce L: milk, turkey hot dog (CN, WGR2), cooked carrots, pears S:cereal (WGR1)/cracker (WGR1) trail mix, milk	B: milk, blueberry muffin , cooked apple slices L: milk, soft tacos, salad (*sweet potatoes), pineapple tidbits S: goldfish crackers (WGR1), cream cheese	B: milk,rice chex(WGR1), yogurt strawberry smoothie L: milk, hamburgers, sweet potato fries, mandarin oranges S: club crackers, cheese slice	B: milk, oatmeal w/cinnamon toast (WGR1), cooked apples L: milk, macaroni & cheese w/hamburger (D20A), broccoli, mixed fruit S: graham crackers (WGR1), banana
B: milk, blueberry muffin, pears L: milk, cheese pizza (CN, WGR1), corn (*cooked carrots), red raw apple slices (*cooked apple slices) S: bagel, strawberry cream cheese , mixed fruit	B: milk, French toast (CN), mixed fruit L: milk, turkey corn dogs (CN), steamed broccoli, watermelon S: yogurt, graham cracker bones (WGR1)	B: milk, waffle, fresh strawberries L: milk, spaghetti (WGR2) w/ meat sauce, green beans, banana S: deli chicken & cheese sandwich (WGR1), apple juice	B: milk, blueberry muffin, pineapple L: milk, soft tacos, raw broccoli (*cooked broccoli), cooked apple slices S: cereal (WGRC)/ cracker (WGR1) trail mix, grape juice	B: milk,biscuits & gravy, mandarin oranges L: milk, chicken nuggets (CN), tator tots, mxd fruit w/kiwi S: waffle sticks, applesauce

In the event of food allergies or religious beliefs a substitution will be provided. For lactose intolerance, soy milk will be substituted. One year olds receive whole milk; two year olds & older receive 1% milk. *Substitution made for older infants & younger toddlers. Notes: Canned fruit cooked in natural juices are served as often as possible. All juice is 100%. Water is available for all meals and between meals. 1 slice grain = 1 oz grain. Meat substitutions: cheese, soy butter, baked beans, lima beans, peas, yogurt, eggs, & other beans/peas. Substitutions will be notated on individual child menu as needed. New Rules: 1 bread per day must meet whole wheat/grain requirement. Cereal & yogurt must meet sugar limit.