



This Week: October 28<sup>th</sup> – November 1<sup>st</sup>, 2024. Vegan and vegetarian options provided. Pasta is egg free. **Happy Halloween**

Meal Type	Meal Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	Fluid Milk	4 fl. oz. (½ cup)	6 fl. oz. (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Fruit	¼ cup	½ cup	Fruit	Fruit	Fruit parfait	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½oz					
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	WG cereal	WG raisin toast	WG graham crackers	WG oatmeal	WG cereal
<b>LUNCH</b>	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Salad mix	Diced carrots	Oriental veggies	Tomato soup	Green beans
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Turkey	Beef chili	Teriyaki chicken	Cheese	Spinach alfredo
	Grains	½ slice ½ serving	½ slice ½ serving	Taco	Saltine crackers	WG brown rice	½ WG cheese toast	WG pasta
<b>CHOOSE 2 OPTIONS SNACK</b>	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Water	Water	Water	Water	Water
	Vegetable	½ cup	½ cup			Pico de gallo salsa		
	Fruit	½ cup	½ cup				Fruit	Apple sauce
	Meat/Alternate	½ oz	½ oz	Cheese stick	Hummus			
	Grains	½ slice ½ serving	½ slice ½ serving	WG goldfish	WG pretzels	Tortilla chips	Veggie straws	Fig bar