



This Week: November 18th through 22nd, 2024. Vegan and vegetarian options for all meals. Pasta is egg free.

Meal Type	Meal Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	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	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½oz				Turkey sausage	
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	Chex mix	Raisin toast	Oatmeal	Biscuit	Corn flakes
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Salad, cucumber, tomatoes	Carrots	Broccoli	Peas	Turnip greens
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Turkey/cheese	Shepherd's pie	Chicken casserole	Cheese	Fish patty
	Grains	½ slice ½ serving	½ slice ½ serving	WG bread	½ slice WG bread	WG rice	Pizza	Saltine crackers
SNACK CHOOSE 2 OPTIONS	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Water	Water	Water	Water	Water
	Vegetable	½ cup	½ cup					
	Fruit	½ cup	½ cup				Fruit	Fruit
	Meat/Alternate	½ oz	½ oz	String cheese	Hummus or cheese	Yoghurt		Fig bar
	Grains	½ slice ½ serving	½ slice ½ serving	Club crackers	Tortilla chips	Graham crackers	Chex mix	