



This Week: September 23rd-27th, 2024. We offer vegan/meat free options for every meal.

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					
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	WG cereal	WG banana muffins	WG oatmeal	WG cereal	Butter biscuit
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Root veggies	Greens	Stir fry veggies	Green beans	Broccoli
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Ham n' beans	Beef meatball soup	Teriyaki chicken	Spinach alfredo	Baked tilapia
	Grains	½ slice ½ serving	½ slice ½ serving	½ slice WG wheat bread	WG couscous	White rice	WG egg free pasta	½ slice WG wheat bread
SNACK CHOOSE 2 OPTIONS	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Milk	Water	Water	Water	Water
	Vegetable	½ cup	½ cup		Multi colored bell peppers			
	Fruit	½ cup	½ cup					Fruit
	Meat/Alternate	½ oz	½ oz		Tzatziki dip	Cheese sticks	Nacho cheese dip	
	Grains	½ slice ½ serving	½ slice ½ serving	WG fig bar	Crackers	WG crackers	Tortilla chips	WG pumpkin muffins