



This Week: Menu for September 16th through 20th. 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	Fresh fruit	Bananas	Fresh fruit	Fresh fruit	Fruit parfait
	Meat/Alternate	1 oz.	1-½oz					
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	WG Cheerios	Strawberry muffins	WG Oatmeal	WG cereal	WG graham crackers
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Diced carrots	Peas	Root veggie blend	Green beans	Broccoli
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Red beans/kielbasa	Tuna	Cheesy baked	Turkey	Chicken fajitas
	Grains	½ slice ½ serving	½ slice ½ serving	Yellow rice	WG egg free pasta	WG Ziti	WG wrap	Spanish rice
CHOOSE 2 OPTIONS Bro SNACK	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Milk	Water	Water	Water	Water
	Vegetable	½ cup	½ cup			Fresh veggies	Pico de Gallo salsa	
	Fruit	½ cup	½ cup		Fresh fruit			
	Meat/Alternate	½ oz	½ oz					Cheese sticks
	Grains	½ slice ½ serving	½ slice ½ serving	WG Belvita crackers	WG Cheez its	Hummus/cheese alternate	Tortilla chips	WG Ritz crackers