



This Week: October 21st through 25th, 2024. Vegan and vegetarian options provided. 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
	Meat/Alternate	1 oz.	1-½ oz			Greek yoghurt		
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	WG cereal	WG banana muffin	WG graham crackers	WG cream of wheat	WG cereal
LUNCH	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Green beans	Cali blend	Broccoli and potato	Diced carrots	Peas
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Mac n’ cheese	Chicken	Cheese	Cheese	Ground beef
	Grains	½ slice ½ serving	½ slice ½ serving	Pasta	Brown rice	½ WG bread	Pizza	Pasta in marinara
CHOOSE 2 OPTIONS SNACK	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Water	Water	Water	Water	Milk
	Vegetable	½ cup	½ cup				Diced cucumbers	
	Fruit	½ cup	½ cup		Apple sauce			
	Meat/Alternate	½ oz	½ oz	Cheese stick		Turkey/pepperoni	Hummus	
	Grains	½ slice ½ serving	½ slice ½ serving	WG crackers	WG cheez’it	WG Ritz crackers		Belvita crackers