



This Week: September 30<sup>th</sup> – October 4<sup>th</sup>, 2024. Vegan/meat free options provided.

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	¼ cup	Fruit	Fruit	Fruit	Fruit	Greek 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 cereal	WG pumpkin spice muffin	WG cream of wheat	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	Steamed carrots	Broccoli	Green beans	Tomato soup	Mixed vegetables
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Black beans	Cheddar broccoli & potato soup	Ground turkey	Cheese	Beef shepherd's pie
	Grains	½ slice ½ serving	½ slice ½ serving	White rice	WG saltine crackers	Cellentani egg free pasta w/marinara sauce	WG cheese toast	Mashed potatoes
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					Sliced cucumbers
	Fruit	½ cup	½ cup	Fruit	Fruit		Fruit	
	Meat/Alternate	½ oz	½ oz			Mozzarella string cheese	Garlic basil bread	Hummus or cheese
	Grains	½ slice ½ serving	½ slice ½ serving	WG wheat thins	Chex mix	WG crackers		