



This Week: November 11th – 15th, 2024. Vegan and vegetarian options for every meal. 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	WG Cheerios	Raisin toast	Oatmeal	Biscuit	WG special K
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	Mixed veggies	Peas	Peppers/tomatoes	Cauli/broccoli
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Turkey/cheese	Chicken pot pie	Cheese	Black beans	Tuna
	Grains	½ slice ½ serving	½ slice ½ serving	WG bread	WG rice	Pizza	Yellow rice	Egg free noodles
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	Veggie straws	Goldfish			
	Fruit	½ cup	½ cup	Fruit	Apple sauce			Fruit
	Meat/Alternate	½ oz	½ oz			Yoghurt	String cheese	
	Grains	½ slice ½ serving	½ slice ½ serving			Graham crackers	Club crackers	Lorna Doone shortbread or fig bar