



This Week: October 14<sup>th</sup> through 18<sup>th</sup>, 2024. Meat free options for all meals. Pasta is egg free.

Meal Type	Meal Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
<b>BREAKFAST</b>	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
	Meat/Alternate	1 oz.	1-½ oz			Greek Yogurt	Turkey Sausage	
	Grains	½ slice ¼ cup ¼ cup cooked	½ slice 1/3 cup dry ¼ cup cooked	WG Cereal	WG Oatmeal	WG Graham Crackers	Biscuit	WG Cereal
<b>LUNCH</b>	Fluid Milk	4 fl.oz (½ cup)	6 fl. oz (¾ cup)	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Salad w/ Cucumber & Tomato	Broccoli	Steamed Carrots	Green Beans	Peas
	Fruit	1/8 cup	¼ cup	Fruit	Fruit	Fruit	Fruit	Fruit
	Meat/Alternate	1 oz.	1-½ oz	Turkey & Cheese	BBQ Chicken	Black Beans	Beef	Tuna
	Grains	½ slice ½ serving	½ slice ½ serving	Tortilla	½ WG Bread	White Rice	WG Pasta w/ marinara	WG Bread
<b>SNACK CHOOSE 2 OPTIONS</b>	Fluid Milk	4 fl.oz (½ cup)	4 fl. oz (½ cup)	Water	Water	Water	Milk	Water
	Vegetable	½ cup	½ cup			Mozzarella Cheese Stick		Pico de Gallo Salsa
	Fruit	½ cup	½ cup	Fruit	Apple Sauce			
	Meat/Alternate	½ oz	½ oz					
	Grains	½ slice ½ serving	½ slice ½ serving	WG Goldfish	CDC Trail Mix	WG Crackers	WG Fig Bars	Tortilla Chips