- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2	3-5	6-12	11	I. I. O	1	India 4	1l <b></b>
	Menu IIem	age	age	age	July 1	July 2	July 3	July 4	July 5
			_		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Fruit	⅓ cup	½ cup	½ cup	Apple	Strawberries	Mixed Fruit	CLOSED	CLOSED
	Vegetable				Slices				
	Grains (oz	1/2	-1/2 s or	-1s or	Cheerios	Whole Grain	Corn Chex		
	eq)	serving	1/2	1	Cereal	Waffle Sticks	Cereal		
		- 1/4	serving	serving					
		cup or	-1/3	-3/4					
		1/3oz	cup or	cup or					
		-1/4	½ OZ	1oz					
		cup	- 1/4	- 1/2					
			cup	cup					
	Add. Food option								
Lunch	Milk	½ cup	³¼ CUP	1 cup	Milk	Milk	Milk		
LUTICIT	Vegetable	1/4 cup	1/4 cup	½ cup	Lima Beans	Green	Peas		
	vegeluble	/4 CUP	/4 CUP	/2 CUP	Lima beans	Beans	reas		
	F 11	1/	1/	1/	_		A.1. I	CLOSED	CLOSED
	Fruit	¼ cup	¼ cup	¼ cup	Pears	Peaches	Sliced Honeydew	CLOSED	CLOSED
	Meat/	1 oz	1 ½ oz	2 oz	Tuna Salad	Turkey	Diced		
	alternative				(tuna,	Meatballs	Chicken and		
					mayo, dill)	with Tomato	Gravy		
						Sauce	-		
	Grains (oz	½ s or	½ s or	1 s or	Whole	Whole Grain	Flatbread		
	eq)	1/2	1/2	serving	Wheat Pita	Roll	- I albicaa		
	- 1,7	serving	serving		Wilcairilla	KOII			
	Add. Food								
	option								
Snack	Fluid	½ cup	½ cup	1 cup	White	Milk	Water		
					Grape				
					Juice				
	Fruit/	½ cup	½ cup	³¼ CUP	10.00		Orange	CLOSED	CLOSED
	vegetable	72 COP	72 COP	/4 COP			Slices	CLOCLD	CLOULD
	Grains (oz	½ s or	½ s or	1 s or	Animal	Cornbread	Triscuit		
	eq)	1/ <sub>2</sub> \$ Of	1/ <sub>2</sub> S Of	serving	_	Combreda			
	eq)	serving	serving	301 411 10	Crackers		Crackers		
		361 411 18	36141119						
	1				I .	1	1	1	1

	Menu	1-2	3-5	6-12	Luby 0	luby 0	luby 10	July 11	July 10
	Item	age	age	age	July 8	July 9	July 10	July 11	July 12
					Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit	CUP	CUP	1/2	Pineapple	Blueberries	Applesauce	Strawberries	Orange
	Vegetable	CUP	CUP	cup	rilleapple	Dioebellies	Applesauce	Sildwbeilles	Slices
	Grains (oz	1/2	-½ S	-1s or	Kix Cereal	Rice Chex	Life Cereal	Multi-Grain	Corn Flakes
	eq)	serving	or ½	1	KIX Celedi		Life Ceredi	Cheerios	
	64)	- 1/4	serving	serving		Cereal			Cereal
		cup	-1/3	-3/4				Cereal	
		or	cup	cup					
		1/3oz	or ½	or					
		-1/4	OZ	1 oz					
		cup	- 1/4	- 1/2					
	Add Fard		cup	cup					
	Add. Food								
Lunch	option Milk	1/2	3/4	1 000	AA:II.	AA:II.	AA:II.	AA:II.	AA:II.
Lunch	WIIK	CUP	CUP	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/4	1/4	1/2	Stewed	Broccoli	Lima Beans	Carrot	Cucumber
		cup	cup	cup	Tomatoes	Dioccon	Lillia Dealis	Sticks	Slices
		-			Tomaloes			(inf/tod-	Silces
								blanched)	
	Fruit	1/4	1/4	1/4	Pears	Peaches	Sliced	Apple	Bananas
		cup	cup	cup			Cantaloupe	Slices	
	Meat/	1 oz	1 ½	2 oz	Grilled	Tuna	Chicken	Soy Nut	Sliced
	alternativ	. 02	OZ	2 02	Cheese	Noodle	Salad	Butter and	Turkey
	е				(Whole	Casserole	(diced	Mozzarella	Torkey
					wheat	(tuna,	chicken,	Cheese	
					bread,	cream of	mayo, dill)	Sticks	
					cheddar	mushroom,		Sileks	
					cheese)	whole			
						wheat			
						penne)			
	Grains (oz	½ S	½ S	1 s or	Whole	Whole	Whole Wheat	Whole Grain	Whole Wheat
	eq)	or ½ serving	or ½ serving	serving	Wheat	Wheat	Pita	Bread	Tortilla
	Add. Food	361 AILIG	301 11119		Bread	Penne			Mustard
	option								MUSICIO
Snack	Fluid	1/2	1/2	1 cup	Orange	Milk	Water	Water	Apple Juice
Sildek	11014	cup	cup	1 000	Juice	WIIK	Walei	Walei	Apple Juice
	Fruit/	1/2	1/2	3/4	30100				
	vegetable	cup	cup	cup					
	Grains (oz	½ S	½ S	1 s or	Wheat	Animal	Whole	Townhouse	Cheez-it
	eq)	or ½	or ½	serving	Thin	Crackers	Grain Bean	Crackers	Crackers
		serving	serving		Crackers		and Veggie	and	
							Crackers	Cheddar	
							with Mild	Cheese	
							Cheddar	Slices	
							Cheese	3	
							Cubes		
	İ	]	l		]	1	CODES		

	Menu	1-2	3-5	6-12	July 15	July 16	July 17	July 18	July 19
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	<sup>3</sup> / <sub>4</sub> CUP	1 cup	Milk	Milk	Milk	Milk	Milk
		cup		· ·					
	Fruit	1/4	½ cup	½ cup	Mandarin	Blueberries	Mixed Fruit	Pineapple	Strawberries
	Vegetable	cup			Oranges				
	Grains (oz	1/2	-1/2 s or	-1s or	Life	Cheerios	Corn Chex	Bran	Whole
	eq)	serving - 1/4	1/2	1	Cereal	Cereal	Cereal	Flakes	Grain
		CUP	serving -1/3	serving -3/4				Cereal	Pancakes
		or	cup or	cup or					
		1/3oz	½ OZ	loz					
		-1/4	- 1/4	- 1/2					
		cup	cup	cup					
	Add. Food								Light Syrup
	option								
Lunch	Milk	1/2	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	CUP 1/4	1/4	½ cup	Stewed	Beets	Carrot	Procesi	Pogs
	Vegelable	CUP	CUP	/2 CUP		beeis	Sticks	Broccoli	Peas
		СОР	СОР		Tomatoes		(infants/tods		
							-blanched)		
	Fruit	1/4	⅓ cup	¹⁄₄ cup	Mango	Pears	Sliced	Peaches	Bananas
		cup	,	'			Honeydew		
	Meat/	1 oz	1 ½ oz	2 oz	Grilled	Chicken	Egg Salad	BBQ	Tuna
	alternative				Cheese	Meatballs	(diced	Chicken	Salad
					(whole	with	hard-boiled	Breast	(tuna, light
					wheat	Tomato	egg, mayo,		mayo, dill)
					bread,	Sauce	mustard, dill)		HM
					cheddar cheese)		alli)		
	Grains (oz	½ S	½ s or	1 s or	Whole	Whole	Multi-Grain	Whole	Whole
	eq)	or ½	1/2	serving	Wheat	Grain	Bread	Wheat	Wheat Pita
	3 47	serving	serving		Bread	Slider Roll		Hamburger	
								Bun	
	Add. Food option								
Snack	Fluid	1/2	½ cup	1 cup	White	Milk	Orange	Milk	Water
		cup	,	·	Grape		Juice		
					Juice				
	Fruit/	1/2	½ cup	¾ cup					
	vegetable	cup	-	-					
	Grains (oz	½ S	½ s or	1 s or	Wheat	Animal	Graham	Whole	Baked
	eq)	or ½	1/2	serving	Thins	Crackers	Crackers	Grain	Soft
		serving	serving					Bean and	Pretzels
								Veggie	and Mild
								Crackers	Cheddar
									Cheese
									Slices

	Menu	1-2	3-5	6-12	Luky 22	July 22	July 24	July 25	July 24
	Item	age	age	age	July 22	July 23	July 24	July 25	July 26
Breakfast	Milk	1/2	3/4	1 cup	Monday Milk	Tuesday Milk	Wednesday Milk	Thursday Milk	Friday Milk
вгеактаят	MIIK	CUP	CUP	1 Cup	MIIK	MIIK	MIIK	MIIK	MIIK
	Fruit	1/4	1/2	1/2	Blueberries	Pears	Pineapple	Strawberries	Bananas
	Vegetable	cup	cup	cup		1 6 413	· meappie		Dananas
	Grains (oz	1/2	-½ S	-1s or	Kix Cereal	Rice	Multi-Grain	Corn	Whole
	eq)	serving - 1/4	or ½	1		Krispies	Cheerios	Chex	Grain
		CUP	serving	serving -3/4		Cereal		Cereal	French
		or	-1/3 cup	cup					Toast
		1/3	or ½	or					Sticks
		OZ	OZ	1 oz					
		-1/4	- 1/4	- 1/2					
		cup	cup	cup					
	Add. Food								
	option								
Lunch	Milk	1/2	3/4	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	CUP	20p	1/2	Beets	Cucumber	Diced	Lima	Corn
	Vegelable	CUD	CUP	CUD	beeis	Slices	Potatoes	Beans	Com
		СОР	СОР	СОР		Silces	with Olive	beans	
							Oil and		
							Oregano		
	Fruit	1/4	1/4	1/4	Sliced	Watermelon	Peaches	Apple	Sliced
	110	cup	cup	cup	Honeydew		reacties	Slices	Cantaloupe
	Meat/	1 oz	1 ½	2 oz	Baked	Chicken	BBQ	Turkey	Diced
	alternative	. 02	OZ	2 02	Chicken	Salad	Ground	Sausage	Chicken
					Breast with	(diced	Turkey	Patty Melt	and Mild
					Chicken	chicken,	(ground	(turkey	Salsa
					Gravy	light mayo,	turkey, BBQ	sausage,	
					0.2.7	dill)	sauce,	cheddar	
							ketchup)	cheese,	
								English	
	C	1/ -	1/	1	AAIII: C!	AA	\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	muffin)	M/ls = l =
	Grains (oz eq)	½ S or ½	½ s or ½	1 s or serving	Multi-Grain Dinner Roll	Multi-grain Bread	Whole Wheat Hamburger	Whole Grain	Whole Wheat
	eq)	serving	serving	· · · · · ·	Diffile Koli	ыеаа	Bun	English	Tortilla
							5011	Muffin	Torring
	Add. Food								
Speek	option Fluid	1/2	1/2	1 cup	Milk	Apple	Milk	White	Water
Snack	Fiold	CUP	CUD	i cop	WIIK	Apple Juice	WIIK		water
						Juice		Grape Juice	
	Fruit/	1/2	1/2	3/4				Juice	
	vegetable	CUP	CUP	CUP					
	Grains (oz	½ S	½ s or	1 s or	Townhouse	Pretzels	Whole Grain	Banana	Triscuit
	eq)	or ½	1/2	serving	Crackers	(infant/tods	Cheddar	Multi-Grain	Crackers
		serving	serving			-saltines)	Goldfish	Squares	and Mild
									Cheddar
									Cheese
									Cubes

	I		0.5		1	T		ı	
	Menu	1-2	3-5	6-12	July 29	July 30	July 31		
	Item	age	age	age	Monday	Tuesday	Wednesday		
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Fruit Vegetable	¼ cup	½ cup	½ cup	Pears	Mixed Fruit	Apple Slices		
	Grains (oz	1/2	-1/2 s or	-1s or	Rice Chex	Cheerios	Kix Cereal		
	eq)	serving	1/2	1	Cereal	Cereal			
		- 1/4	serving	serving					
		cup or	-1/3	-3/4					
		1/3oz -¹/₄	cup or ½ oz	cup or loz					
		CUP	- 1/ <sub>4</sub>	- 1/2					
		СОР	cup	cup					
	Add. Food		000	000					
	option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk		
	Vegetable	¹¼ cup	1/4	½ cup	Cucumber	Peas	Yams		
			cup		Slices				
	Fruit	⅓ cup	⅓ cup	⅓ cup	Apple	Pineapple	Peaches		
					Slices				
	Meat/	1 oz	1 ½ oz	2 oz	Sliced	Tuna	Turkey		
	alternative				Turkey	Salad	Burger		
						(tuna,	-		
						mayo, dill)			
	Grains (oz	½ s or	½ s or	1 s or	Whole	Whole	Whole		
	eq)	1/2	1/2	serving	Wheat	Wheat Pita	Wheat		
		serving	serving		Bread		Hamburger		
	Add. Food				Mustard		Bun		
	option				Musicia		Ketchup		
Snack	Fluid	½ cup	½ cup	1 cup	Milk	Water	Milk		
0.10010	Fruit/	½ cup	½ cup	³¼ cup	77		771111		
	vegetable	72 000	72 000	74 000					
	Grains (oz	½ s or	½ s or	1 s or	Whole	Townhouse	Animal		
	eq)	1/2	1/2	serving	Grain Bean	Crackers	Crackers		
		serving	serving		and	and Sliced			
					Veggie	Cheddar			
					Crackers	Cheese			
					or do Rois				
	l .	l	l	l	1	I .			