- 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	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	age	age	age	December 2	December 3	December 4	December 5	December 6
Breakfast	Milk	½ CUP	3⁄4 CUD	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Pineapple	Mango	Mandarin	Mixed Berries	Bananas
	Vegetable	cup	cup	cup	Theoppie	Mango	Oranges	Mixed Demes	bananas
	Grains (oz	1/2 S	1/2 S	1s	Rice Krispies	Kix Cereal	Corn Flakes	Rice Chex	Cheerios
	eq)	or	or	or 1	Cereal	KIX Celeul	Cereal	Cereal	Cereal
	•4)	serv	1⁄2	serv	Celeal		Celeal	Celeal	Celear
		(1/2	serv	(1					
		oz)	(1/2 oz)	oz)					
	Add. Food		02]						
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup					
	Vegetable	1/8	1/4	1/2	Diced	Mixed	Zucchini	Broccoli	Cucumber
		cup	сир	сир	Carrots	Vegetables			Slices
	Fruit	1/4	1/4	1/4	Mixed Fruit	Peaches	Apple	Pears	Orange
		cup	cup	сир			Slices		Slices
	Meat/	1 oz	1 1/2	2 oz	BBQ	Diced	Baked Fish	English Muffin	Egg Salad
	alternative		OZ		Chicken	Chicken and	with Plain	Pizzas (Whole	(diced egg,
					Breast	Salsa	Bread	Grain English	mayo,
							Crumbs	Muffin, tomato sauce, mozzarella	mustard, dill)
								cheese)	
	Grains (oz	½ s	½ S	1 s	Whole Grain	Whole Wheat	Whole	Whole Grain	Whole
	eq)	or ½	or ½	or serv	Slider Roll	Tortilla	Wheat	English Muffin	Wheat
		serv	serv	(1			Dinner Roll		Bread
		(1/2	(1/2	oz)					
		oz)	oz)						
	Add. Food						Ketchup		
6	option	1/2	1/2	1	A A *!!!		14 /1	0	M - 1
Snack	Fluid	V2 CUP	V2 CUD	1 cup	Milk	Apple Juice	Water	Orange	Water
	F. 11/	1/2	1/2	3/4				Juice	
	Fruit/	V2 CUP	V2 CUD	°⁄₄ CUD					Apple Slices
	vegetable Grains (oz	1/2 S	1/2 S	1 s	Animal	Baked Soft	Multi-Grain	Pretzels	Wheat Thin
	eq)	Or	⁷² S	or	Crackers	Pretzels	Club		Crackers
	ey)	1/2	1/2	serv	Crackers	rieizeis		(infants/	Crackers
		serv	serv	(1			Crackers	tods- Saltine	
		(1/2	(1/2	oz)			and	Crackers)	
		oz)	oz)				Cheddar		
							Cheese		
							Slices		

	Menu	1-2	3-5	6-12	Monday	Tuesday	Wednesday	Thursday	Friday
	Item	age	age	age	December 9	December 10	December 11	December 12	December 13
Breakfast	Milk	1½ CUP	3⁄4 CUD	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¹ ⁄ ₄ cup	½ cup	¹ / ₂ CUP	Peaches	Strawberries	Mango	Orange Slices	Mixed Fruit
	Grains (oz eq)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	1/2 s or 1/2 serv (1/2 oz)	ls or 1 serv (1 oz)	Corn Chex Cereal	Whole Grain Waffle Sticks	Life Cereal	Multi-Grain Cheerios Cereal	Corn Flakes Cereal
	Add. Food option								
Lunch	Milk	1/2 CUP	3⁄4 CUD	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Peas	Beets	Diced Potatoes with Oregano and Olive oil	Salad (lettuce, shredded carrot, cabbage) tods- lettuce	Carrot Sticks (blanched for inf/tods)
	Fruit	¹⁄₄ CUP	1/4 cup	¹¼ cup	Mixed Fruit	Apple slices	Pineapple	Pears	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Chicken Salad (Diced chicken, light mayo, dill)	Teriyaki Chicken Breast	Beef Patty	Kidney Beans and Shredded Cheddar Cheese	Tuna Salad (tuna, light mayo, dill)
	Grains (oz eq)	1/2 s or 1/2 serv (1/2 oz)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Slider Roll	Whole Wheat Dinner Roll	Whole Wheat Hamburger Bun	Wheat Thin Crackers	Whole Wheat Pita
	Add. Food option						Ketchup	LF Ranch Dressing	
Snack	Fluid	¹½ cup	½ cup	1 cup	Water	Water	Apple Juice	Milk	White Grape Juice
	Fruit/ vegetable	1/2 CUP	1/2 CUP	3⁄4 CUP					
	Grains (oz eq)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	¹ / ₂ s or ¹ / ₂ serv (1/2 oz)	l s or serv (1 oz)	Flat Bread and Hummus (garbanzo beans, olive oil, lemon juice, tahini)	Townhouse Crackers and Cheddar Cheese Slices	Graham Crackers	Whole Grain Banana Bread	Cheez-it Crackers

	Menu	1-2	3-5	6-12	Manday	Tuesday	Wedneeden	Thursday (
		age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
	ltem	uge	uge	uge	December 16	December 17	December 18	December 19	December 20
Breakfast	Milk	1⁄2	3/4	1	Milk	Milk	Milk	Milk	Milk
	F 11		cup ½	cup ½	.				.
	Fruit Vegetable	CUP	CUP	V2 CUD	Blueberries	Pears	Mango	Applesauce	Pineapple
	Grains (oz	1/2 S	1/2 S	15	Rice Chex	Multi-grain	Kix Cereal	Whole Grain	Bran Flakes
	eq)	or	or	or 1	Cereal	Cheerios	Kix Ceredi	French Toast	
	eq)	1/2	1/2	serv	Cereal				Cereal
		serv	serv	(1		Cereal		Sticks	
		(1/2	(1/2	oz)					
		oz)	oz)						
,	Add. Food								
	option	17	2/	1					
Lunch	Milk	½ CUP	³⁄₄ CUD	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8	1/4	1/2	Mixed	Peas	Cauliflower	Yams	Carrot Sticks
	-	cup	cup	сир	Vegetables				(inf/tods-
					regelables				blanched)
	Fruit	1/4	1/4	1/4	Dowohoo	Mixed Fruit	Strawberries	Annia Cliana	1
	FIUII	CUP	CUP	CUP	Peaches	Mixed Fruit	Strawberries	Apple Slices	Bananas
	Meat/	1 oz	1 1/2	2 oz	Chicken	Turkey	Scrambled	Diced BBQ	Sliced
	alternative		oz		Meatballs	Burgers	Eggs	Chicken	Turkey
					with Chicken	Dorgers	-993	Chicken	TORKEY
	Grains (oz	1/2 S	1/2 S	1 s	Gravy		Whole	Wheele	Wheele
	•	72 S Or	72 S	or	Whole Wheat	Whole Wheat		Whole	Whole
	eq)	1/2	1/2	serv	Dinner Roll	Hamburger	Wheat	Wheat	Wheat
		serv	serv	(1		Bun	Tortilla	Bread	Bread
		(1/2	(1/2	oz)					
		oz)	oz)						
	Add. Food					Ketchup			Mustard
	option								
Snack	Fluid	1/2	1/2	1	Milk	Water	Apple Juice	Water	CLOSING AT
		cup	cup	cup					<mark>12</mark>
		17	17	2/					
	Fruit/	1/2	½ CUD	³ ∕₄ CUD					
	vegetable	cup							
	Grains (oz	½ s or	½ s or	1 s or	Whole Grain	Whole Wheat	Triscuit	Whole Grain	
	eq)	1/2	1/2	serv	Cheddar	Pita Bread	Crackers	Soft Pretzels	
		serv	serv	(1	Goldfish	and Cheddar		and	
		serv				1			
			(1/2	•		Cheese		Cheddar	
		(1/2 oz)		oz)		Cheese Slices		Cheddar Cheese	

	Menu	1-2	3-5	6-12	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	ltem	age	age	age	December 23-				
					January 2				
Breakfast	Milk	½ cup	¾ cup	1 cup					
	Fruit	¼ cup	½ cup	½ cup					
	Vegetable								
	Grains (oz	1/2 s or	1/2 s or	1s or 1					
	eq)	1/2	1/2	serving					
		serving (1/2 oz)	serving (1/2 oz)	(1 oz)					
	Add. Food								
	option								
Lunch	Milk	½ cup	¾ cup	1 cup					
	Vegetable	1/8	1/4	½ cup					
		сир	сир						
	Fruit	¼ cup	1/4 cup	¼ cup					
	Meat/	1 oz	1 ½ oz	2 oz					
	alternative								
	Grains (oz	½ s or	½ s or	1 s or					
	eq)	½ serving	¹ / ₂ serving	serving (1 oz)					
		(1/2 oz)	(1/2 oz)	(1 02)					
	Add. Food								
	option								
Snack	Fluid	½ cup	½ cup	1 cup					
	Fruit/	½ cup	½ cup	³∕₄ cup					
	vegetable	1/ 0.07	1/ 0.0%	1.0.05					
	Grains (oz	½ s or ½ serv	¹ / ₂ s or ¹ / ₂ serv	1 s or serv (1					
	eq)	(1/2 oz)	(1/2 OZ)	oz)					