- 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

	Menu	1-2	3-5	6-12	January 1	January 2	January 3
	Item	age	age	age	Wednesday		Friday
Breakfast	Milk	1/2	3/4	1		•	Milk
		cup	cup	cup			
	Fruit	1/4	1/2	1/2	CLOSED	CLOSED	Pears
	Vegetable	cup	cup	cup			
	Grains	½ S	½ S	-1s			Cheerios
	(oz eq)	or	or ½	or 1			Cereal
		1/2	serv	serv			
		serv	(1/2	(1			
		(1/2	oz)	oz)			
		oz)					
	Add. Food						
1 1-	option	1/2	3/4	1			A A 211 -
Lunch	Milk	CUP	% CUP	cup			Milk
	Vegetable	1/8	1/4	1/2			Green
	vegeluble	cup	CUP	cup			
							Beans
	Fruit	1/8	1/4	1/4			Peaches
		cup	cup	cup			_
	Meat/	1 oz	1 ½	2 oz	CLOSED	CLOSED	Tuna
	alternative		OZ				Salad
							(tuna,
							mayo, dill)
	Grains	½ S	½ S	1 s			Whole
	(oz eq)	or ½	or ½	or			Wheat
	(02 04)	serv	serv	serv			Bread
		(1//2	(1/2	(1			2.000
		oz)	oz)	oz)			
	Add. Food						
-	option	1.1	1.1	_			
Snack	Fluid	1/2	1/2	1	CLOSED	CLOSED	White
		cup	cup	cup			Juice
	Fruit/	1/2	1/2	3/4			
	vegetable	cup	cup	cup			
	Grains	½ S	½ S	1 s			Whole
	(oz eq)	or ½	or ½	or			Grain
		serv	serv	serv			Cheddar
		(1/2	(1/2	(1			Goldfish
		oz)	oz)	oz)			Goldlish
	1	1	1	1	L	1	1

	rsday Friday
Will Will Will	· , · · · · · · · · ·
	Milk Milk
	plesauce Mandarin Oranges
	Whole Kix Cereal
	Vheat
serv serv coroal Coroal	agels
(1/2 (1/2 (1 Ceredi Ceredi Ceredi Di	
	Cream
	heese
option	
Lunch Milk ½ ¾ 1 Milk Milk Milk	Milk Milk
	Jechini Corn
cup cup cup	
	Pears Bananas
cupcupcupSlicesMeat/1 oz1 ½2 ozTurkeyTunaTeriyakiCl	heese Diced
interior in the second	violi with Chicken
Subsuge Chieken Ruy	zzarella with Salsa
Tury Well /Turn	heese
(lorkey Cream of	and
Mushroom	
Whole ''	omato
whole Wheat	auce
grain Penne)	
English English	
muffin)	
	Ravioli Whole
(oz eq) or ½ or ½ or Grain Wheat Grain	Wheat
serv serv serv la serv la	Tortilla
$\begin{vmatrix} (1)z & (1)z & (1)z \\ (2)z & (2)z & (2)z \end{vmatrix}$ Muffin	
Add.	
Food	
option	
	Water Water
cup cup Grape	
Juice	
	range
	Slices
	eat Thin Triscuit
	rackers Crackers
serv ser serv saltine Hummus	and Apple
(gaibalizo	Slices
beans, tahini, olive oil,	
lemon juice)	

	T	1.0		(10	1	I	1	1	
	Menu	1-2	3-5	6-12	January 13	January 14	January 15	January 16	January 17
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup					
	Fruit	1/4	1/2	1/2	Blueberries	Apple Slices	Strawberries	Mango	Orange
	Vegetabl	cup	cup	cup					Slices
	е	1.4	1.6						
	Grains	½ S	½ S	ls or	Rice Chex	Whole	Life Cereal	Multi-Grain	Bran Flakes
	(oz eq)	or ½	or ½	l con/	Cereal	Grain		Cheerios	Cereal
		serv	serv	serv (1		Pancakes		Cereal	
		(1/2	(1/2	oz)					
		oz)	oz)	02)					
	Add.		/			Light Syrup			
	Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
Loncii		cup	cup	cup	Willix	Wilk	Willix	Wilk	Wilk
	Vegetabl	1/8	1/4	1/2	Broccoli	Green	Mashed	Stewed	Carrot
	e	cup	cup	cup		Beans	Potatoes	Tomatoes	Sticks
									(infants/tods-
									blanched)
	Fruit	1/8	1/4	1/4	Peaches	Pears	Pineapple	Mixed Fruit	Apple
	110	cup	cup	cup	reacties	i edis	inicappie	Mixed Holi	Slices
	Meat/	1 oz	1 ½	2 oz	Turkov	Chicken	Beef Patty	Macaroni	English
	alternative	1 02	OZ	2 02	Turkey		beel Fally	and Cheese	•
	anoman c				Meatballs	Salad		(Whole Wheat	Muffin Pizza
					with	(Diced		Macaroni,	(WG English
					Tomato	chicken,		Cheddar	muffin,
					Sauce	mayo, dill)		Cheese) HM	tomato
									sauce,
									mozzarella
	0	½ S	½ S	1.0	14/1 1 -	34/L - L -	M/I I -	Whate Cooks	cheese)
	Grains	or ½	or ½	1 s or	Whole Grain Slider	Whole	Whole Wheat	Whole Grain	Whole Grain
	(oz eq)	serv	serv	serv		Wheat		Macaroni	English Muffin
		(1/2	(1/2	(1	Roll	Bread	Hamburger		MUTTIN
		oz)	oz)	oz)			Bun		
	Add. Food						Ketchup		
	option								
Snack	Fluid	1/2	1/2	1	Water	Orange	Apple	Milk	Water
		cup	cup	cup		Juice	Juice		
	Fruit/	1/2`	1/2	3/4					Bananas
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Multi-	Whole Grain	Townhouse	Wheat	Graham
	(oz eq)	or ½	or ½	or	grain Club	Bean and	Crackers	Whole	Cracker
		serv	serv	serv (1	Crackers	Veggie		Bagels and	Goldfish
		(1/2 oz)	(1/2 oz)	(1 oz)	and	Crackers		Pineapple	
		021	02)	02)	Mozzarella			Cream	
					Cheese			Cheese	
					Sticks				
	<u> </u>				SIICKS		1	<u> </u>	

	1	1.0	0.5		T	I	1		
	Menu	1-2	3-5	6-12	January 20	January 21	January 22	January 23	January 24
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1		Milk	Milk	Milk	Milk
		cup	cup	cup					
	Fruit	1/4	1/2	1/2	CLOSED	Strawberries	Applesauce	Blueberries	Apple Slices
	Vegetable	cup	cup	cup					
	Grains	½ S	½ S	1s or		Cheerios	Whole	Life Cereal	Rice Chex
	(oz eq)	or ½	or ½	1		Cereal	Grain		Cereal
		serv	serv	serv			Waffle		
		(1/2	(1/2	(1			Sticks		
		oz)	oz)	oz)			SIICKS		
	Add.								
	Food								
	option								
Lunch	Milk	1/2	3/4	1		Milk	Milk	Milk	Milk
		cup	cup	cup					
	Vegetable	1/8	1/4	1/2		Diced	Mixed	Lima Beans	Peas
		cup	cup	cup		Potatoes	Vegetables		
	Fruit	1/8	1/4	1/4		Orange	Pineapple	Mixed Fruit	Bananas
		cup	cup	cup		Slices			
	Meat/	1 oz	1 ½	2 oz	CLOSED	Baked Fish	Chicken	Tuna Melt	Egg Salad
	alternative	1 02	OZ	2 02	CLOSED				Egg Salad
	dicinalive		02			(Fish, plain	and Rice	(tuna, cheddar	(diced
						bread	Casserole	cheese,	hard-boiled
						crumbs)	(Diced	whole grain	egg, light
							chicken,	English muffin,	mayo,
							cream of	mayo)	mustard,
							chicken,	ilidyoj	dill)
							brown rice)		
	Grains	½ S	½ S	1 s		Whole Grain	Brown Rice	Whole Grain	Whole Grain
	(oz eq)	or ½	or ½	or		Dinner Roll	DIOWII KICC	English	Bread
	(02 64)	serv	serv	serv		Diffici Koli		Muffin	Dieda
		(1/2	(1/2	(1				MOIIII	
		oz)	oz)	oz)					
	Add.					Ketchup			
	Food								
	option								
Snack	Fluid	1/2	1/2	1	CLOSED	Milk	Milk	Water	White
SHOCK	1.0.0	cup	cup	cup	CLOSED	Willix	Wilk	Walci	
									Grape
									Juice
	Fruit/	1/2`	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s		Animal	Whole Grain	Whole Wheat	Cheez-its
	(oz eq)	or ½	or ½	or		Crackers	Cinnamon	Pita and Red	Crackers
		serv	serv	serv			Raisin	Pepper	
		(1/2	(1/2	(1			Squares	Hummus (red	
		oz)	oz)	oz)			_	peppers,	
								tahini,	
								garbanzo	
								beans, olive	
							<u> </u>	oil, garlic)	

	A4	1-2	3-5	6-12	. 07	1	1	1	1
	Menu Item	age	age	age	January 27	January 28	January 29	January 30	January 31
			_	ugo	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4		Milk	Milk	Milk	Milk	Milk
	Fruit	CUP	cup ½	CUP ½	Mandarin	Pineapple	Strawberries	Apple Slices	Bananas
	Vegetable	cup	cup	cup	Oranges	inleapple	Sildwbellies	Apple slices	ballallas
	Grains	½ S	½ S	1s or	Corn	Rice	Multi-Grain	Whole	Corn Chex
	(oz eq)	or ½	or ½	1	Flakes	Krispies	Cheerios	Grain	Cereal
	(02 04)	serv	serv	serv	Cereal	Cereal	Cilectios	Croissants	Celedi
		(1/2	(1/2	(1	Cerear	Cerear		Cioissailis	
		oz)	oz)	oz)					
	Add.							Butter	
	Food								
	option	1/2	3/4	1	44'11	A 4*II	A 4*II	A A*II	44*11
Lunch	Milk	CUP	CUP	l cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8	1/4	1/2	Diced	Lima Beans	Cucumber	Diced	Lettuce
		cup	cup	cup	Potatoes	Lima beams	Slices	Carrots	and
					(potatoes,		0000		Tomato
					olive oil,				Tomalo
					oregano)				
	Fruit	1/8	1/4	1/4	Peaches	Pears	Mixed Fruit	Pineapple	Orange
	110	cup	cup	cup	reacties	i cuis	Mixed Holi	Incappie	Slices
	Meat/	1 oz	1 ½	2 oz	Turkey	BBQ	Tuna Salad	Sweet and	Sliced
	alternative	1 02	OZ	2 02	_	Ground	(tuna, light	Sour	Turkey
					Burger		mayo, dill)	Chicken	Turkey
						Turkey	mayo, amj		
						(ground turkey, bbq			
						sauce,			
						ketchup)			
	Grains	½ S	½ S	1 s	Whole	Whole	Whole Grain	Whole Grain	Whole
	(oz eq)	or ½	or ½	or	Wheat	Wheat Pita	Bread	Slider Roll	Wheat
	(02 04)	serv	serv	serv	Hamburger	Bread	2.000		Tortilla
		(1/2	(1/2	1 (1	Bun	ыеаа			Torinia
	Add.	oz)	oz)	oz)	_				AArraharral
	Food				Ketchup				Mustard
	option								
Snack	Fluid	1/2	1/2	1	Milk	Apple	Water	Orange	Water
JIIGCK	11314	cup	cup	cup	14/11/2	Juice	Walei	Juice	Maici
	Fruit/	1/2`	1/2	3/4		Juice		10166	
	vegetable	CUP	CUP	CUP					
	Grains	½ S	½ S	1 s	Townhouse	Baked Soft	Triscuit	Graham	Saltine
	(oz eq)	or ½	or ½	or	Crackers	Pretzels	Crackers	Crackers	Crackers
	(== -4)	servi	servi	servi		1 1612613	and	CIUCKEIS	and
		ng	ng	ng			Cheddar		Mozzarella
		(1/2	(1/2	(1			Cheese		Cheese
		oz)	oz)	oz)			Slices		Sticks
		<u> </u>					2IICES		2IICKS