- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- It is necessary to occasionally change menu items, but we will communicate with classrooms about the change.
- 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	September 1	September 2	September 3	September 4	September 5
		age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	½ CUP	3/ ₄ CUD	1 cup		Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	CLOSED	Pineapple	Apple Slices	Strawberries	Bananas
	Vegetable	cup	cup	cup	CLOSED	rineapple	Apple slices	Sildwbeilles	Ballallas
	Grains	½ S	½ s	1 s		Multi-Grain	Whole Grain	Rice Krispies	Corn Chex
	(oz eq)	or	or	or 1		Cheerios	Croissants	Cereal	Cereal
	(02 04)	1/2	1/2	svg.			Cioissailis	Cerear	Cerear
		svg.	svg.	(1		Cereal			
		(1/2	(1/2	oz)					
	Add Fard	oz)	OZ)				4 1 5 11		
	Add. Food						Apple Butter		
	option	1/2	3/4	1		A 4 * 11 -	A4911	A4911 -	44*11
Lunch	Milk	CUP	CUP	cup		Milk	Milk	Milk	Milk
	Vegetable	1/8	1/4	1/2		Green Beans	Corn	Stewed	Cucumber
		cup	cup	cup		Oreen beans	Com	Tomatoes	Sticks
	Fruit	1/8	1/4	1/4		Mixed Fruit	Dearwa		
	Hon	cup	CUP	CUP		Mixed Fiuli	Pears	Peaches	Pineapple
	Meat/	1 oz	1 ½	2 oz	CLOSED	Sliced	Turkey	Macaroni &	Tuna Salac
	alternative		OZ		CLOSED	Turkey	Meatballs	Cheese	(Tuna, mayo
						TOIKEY		(Whole Grain	dill) HM
							w/Turkey	Macaroni.	diii) riw
							Gravy	Cheddar	
								Cheese) HM	
	Grains	½ S	½ S	1 s		Whole Wheat	Whole	Whole Grain	Whole
	(oz eq)	or	or	or 1			Wheat Slider		Wheat Pita
	(02 04)	1/2	1/2	svg.		Bread		Macaroni	wneat rita
		svg.	svg.	(1			Roll		
		(1/2	(1/2	oz)					
	Add. Food	oz)	oz)			Manadamal			
	option					Mustard			
Snack	Fluid	1/2	1/2	1		Orange	Water	White Grape	Milk
SHUCK	Tiola	cup	cup	cup		Juice	Walei	Juice	WIIK
	Fruit/	1/2`	1/2	3/4		Juice		Juice	
	vegetable	CUP	CUP	CUP					
	Grains	½ S	½ S	1 s	CLOSED	Whole Grain	Multi-Grain	Wheat Thin	Trail Mix
	(oz eq)	72 S Or	72 S Or	or 1	CLOSED		Club		
	(02 64)	1/2	1/2	svg.		Graham	Crackers with	Crackers	(Cheerios, Ric
		svg.	svg	(1		Goldfish	Hummus		Chex, Corn flakes, Cheez-
		(1/2	(1/2	oz)			(garbanzo		its, (Raisins -SA
		oz)	oz)				beans, tahini,		only)
							olive oil, lemon		,
							juice)		

	Menu Item	1-2	3-5	6-12	September 8	September 9	September 10	September 11	September 12
	Meno nem	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	сир					
	Fruit	1/4	1/2	1/2	Mango	Apple Slices	Pineapple	Pears	Strawberries
	Vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Life Cereal	Whole Grain	Corn Flakes	Kix Cereal	Cheerios
	(oz eq)	or 1/ ₂	or 1/2	or 1 svg.		English	Cereal		Cereal
		svg.	svg.	3vg.		Muffin			
		(1/2	(1/2	oz)					
		oz)	oz)	,					
	Add. Food					Light Butter			
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup					
	Vegetable	1/8 cup	1/4 cup	½ CUP	Diced	Broccoli,	Peas	Mixed	Lettuce and
		СОР	Cop	Cop	Tomatoes	Peas, Carrots		Vegetables	Tomato
									(infants-
	Fruit	1/8	1/4	1/4	Mandarin	Peaches	Orange Slices	Mixed Fruit	Green Beans) Bananas
	FIUII	cup	CUP	cup		reaches	Ordrige slices	Mixed Fibil	Bullulius
	Meat/	1 oz	1 ½	2 oz	Oranges Grilled	Pasta Salad	Egg Salad	Baked Fish	Chicken
	alternative	1 02	OZ OZ	2 02		(Tri-color Pasta,	(diced egg,		
	anoman c				Cheese	cheddar		with bread	Salad
					(Wheat	cheese,	mayo, mustard, dill)	crumbs	(Diced chicken,
					Bread, Mild Cheddar	chicken,	HM		
					Cheddal Cheese)	broccoli, peas,	''''		mayo, dill) HM
					Cileesej	carrots, Italian			11/4/
						vinaigrette dressing) HM			
						diessing) invi			
	Grains	½ S	½ S	1 s	Whole	Tri-colored	Multi-Grain	Whole Grain	Whole
	(oz eq)	or	or	or 1	Wheat	Pasta	Bread	Dinner Roll	Wheat
		1/2	1/2	svg.	Bread				Tortilla
		svg. (1/2	svg. (1/2	(1 oz)	1.00.0				
		oz)	oz)	02,					
	Add. Food	,						Ketchup	
	option								
Snack	Fluid	1/2	1/2	1	Water	Milk	Orange	Water	White Grape
		cup	cup	cup			Juice		Juice
	Fruit/	1/2`	1/2	3/4					
	vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Flat bread	Cinnamon	Animal	Baked Whole	Triscuit
	(oz eq)	or	or	or 1	and Soy Nut	Raisin Multi-	Crackers	Grain Soft	Crackers
		1/2	1/2	svg.	Butter	Grain Squares		Pretzels and	
		svg. (1/2	svg. (1/2	(1 oz)		НМ		Cheese	
		(1/2 OZ)	(1/2 OZ)	02)				Cubes	
	1	02)	OZJ	1	1	1	1	L	I .

	Menu Item	1-2	3-5	6-12	September 15	September 16	September 17	September 18	September 19
	Weno nem	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	Applesauce	Mixed Fruit	Mango	Pears	Bananas
	Vegetable	cup	cup	cup					
	Grains	½ S	½ S	1 s	Whole	Corn Chex	Life Cereal	Corn Flakes	Bran Flakes
	(oz eq)	or ½	or 1/2	or 1 svg.	Grain	Cereal		Cereal	Cereal
		svg.	svg.	(1	Waffle				
		(1/2	(1/2	oz)	Sticks				
		oz)	oz)	,					
	Add. Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup					
	Vegetable	1/8	1/4	1/2	Diced	Carrot Sticks	Peas	Corn	Salad (inf-
		cup	cup	cup	Potatoes	(infants/tods			peas/ tods-
					tossed with	blanched)			lettuce, ps/sa- lettuce, carrot,
					Olive Oil				cabbage)
					and				cabbage
		1.00	17	17	Oregano				
	Fruit	1/8	1/4	1/4	Peaches	Apple Slices	Strawberries	Mandarin	Pineapple
		cup	cup	cup				Oranges	
	Meat/	1 oz	1 ½	2 oz	BBQ	Soy Nut	Turkey	Chicken	Diced Hard-
	alternative		OZ		Ground	Butter	Sausage	Meatballs	boiled Egg
					Turkey	Sandwiches	Patty Melt	with	
					(Ground	and Cheese	(turkey	Chicken	
					turkey, bbq	Sticks	sausage,	Gravy	
					sauce,		cheddar	_	
					ketchup) HM		cheese, WG		
							English muffin)		
							HM		
	Grains	½ S	½ S	1 s	Whole	Multi-grain	Whole Grain	Whole Grain	Whole
	(oz eq)	or ½	or 1/2	or 1	Wheat	Bread	English Muffin	Dinner Roll	Wheat
		svg.	svg.	svg.	Hamburger				Crackers
		(1/2	(1/2	oz)	Bun				
		oz)	oz)	,					
	Add. Food								Low-fat
	option								Ranch
									Dressing
Snack	Fluid	1/2	1/2	1	Apple	Milk	Orange	Water	Milk
SHUCK	11314	cup	cup	cup		AIIIK	_	Maici	MILE
	F *1. /	1/2`	1/2	3/4	Juice	1	Juice	<u> </u>	
	Fruit/	CUP	CUP	CUP					
	vegetable				Whole Grain	Townhouse	Pretzels (infants	Wheat Thins	Whole Carrie
	Grains	½ s or	½ s or	1 s or 1	Graham	Crackers	and Tods-soft	and Red	Whole Grain
	(oz eq)	1/2	1/2	svg.	Cracker	CIMCKEIS	pretzels)	Pepper	Cheddar
		svg.	svg.	(1	Goldfish			Hummus (red	Goldfish
		(1/2	(1/2	oz)				peppers, tahini,	
		(. , -	(. , -	,					
		oz)	oz)	,				garbanzo beans, olive oil, lemon	

	Menu Item	1-2	3-5	6-12	September 22	September 23	September 24	September 25	September 26
		age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
	Fruit	CUP	cup ½	cup ½	Blueberries	Orange	Mixed	Mandarin	Apple Slices
	Vegetable	CUD	cup	cup	pidebellies	_			Apple slices
		1/ 2	½ S	1.0	D: 1/ : :	Slices	Berries	Oranges	W 1 0 1
	Grains	½ s or	Or	l s or l	Rice Krispies	Kix Cereal	Multi-grain Cheerios	Rice Chex	Whole Grain
	(oz eq)	1/2	1/2	svg.	Cereal		Creal	Cereal	French Toast
		svg.	svg.	(1			Celedi		Sticks
		(1/2	(1/2	oz)					
		oz)	oz)						
	Add. Food								
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	сир		77.111	77	77	77
	Vegetable	1/8	1/4	1/2	Yams	Green	Mixed	Beets	Lima Beans
		cup	cup	cup		Beans	Vegetables		
	Fruit	1/8	1/4	1/4	Peaches	Mixed Fruit	Pineapple	Pears	Bananas
		cup	cup	cup					
	Meat/	1 oz	1 ½	2 oz	BBQ Chicken	English	Creamy	Beef Patty	Tuna Salad
	alternative		OZ		Breast	Muffin Pizzas	Chicken		(tuna,mayo,
						(whole wheat	Casserole		dill) HM
						English muffin,	(chicken,		
						tomato	cream of		
						sauce,	chicken,		
						mozzarella	whole wheat		
		1,	1,			cheese) HM	penne) HM		
	Grains	½ s or	½ s or	ls or l	Whole Wheat	Whole Wheat	Whole Wheat	Whole Wheat	Whole Wheat
	(oz eq)	1/2	1/2	svg.	Slider Roll	English Muffin	Penne	Hamburger	Bread
		svg.	svg.	(1				Bun	
		(1/2	(1/2	oz)					
		oz)	oz)						
	Add. Food							Ketchup	
	option	1/	1/	,		144 1	14/1 11 0	14/ 1	
Snack	Fluid	½ cup	½ CUD	l cup	Milk	Water	White Grape	Water	Milk
		·	'				Juice		
	Fruit/	1/2`	1/2	3/4					
	vegetable	cup	cup	cup				l	
	Grains	½ S	½ S	1 s	Whole Grain	Triscuit	Cheez-it	Townhouse	Graham
	(oz eq)	or ½	or ½	or 1 svg.	Bean and	Crackers and	Crackers	Crackers and	Crackers
		svg.	svg	(1	Veggie	Sliced		Mild Cheddar	
		(1/2	(1/2	oz)	Crackers	Cheddar		Cheese	
		oz)	oz)			Cheese		Cubes	

	Menu Item	1-2	3-5	6-12	September 29	September 30		
	Meno nem	1		I -		Tuesday		
		age	age	age	Monday	luesday		
Breakfast	Milk	1/2	3/4	1	Milk	Milk		
Dicarrasi	74	cup	cup	cup	Willix	TVIIIX		
	Fruit	1/4	1/2	1/2	Strawberries	Mandarin		
	Vegetable	cup	cup	cup		Oranges		
	Grains	½ S	½ S	1 s or	Cheerios	Corn Flakes		
	(oz eq)	or	or	1				
	(02 e q)	1/2	1/2	svg.	Cereal	Cereal		
		svg.	svg.	(1				
		(1/2	(1/2	oz)				
		oz)	oz)	'				
		,	,					
	Add. Food							
	option							
Lunch	Milk	1/2	3/4	1	Milk	Milk		
		cup	cup	cup				
	Vegetable	1/8	1/4	1/2	Carrots	Cauliflower		
		cup	cup	cup				
	Fruit	1/8	1/4	1/4	Pineapple	Peaches		
		cup	cup	cup				
	Meat/	1 oz	1 ½	2 oz	Sweet and Sour	Turkey Burger		
	alternative		OZ		Diced Chicken			
	Grains	½ S	½ S	1 s or	Whole Grain	Whole Wheat		
	(oz eq)	or	or	1	Dinner Roll	Hamburger		
		1/2	1/2	svg.	Dillinoi Roll	Bun		
		svg.	svg.	(1		DOII		
		(1/2	(1/2	oz)				
		oz)	oz)					
	Add. Food					Ketchup		
	option	1/	1/	1		147 1		
Snack	Fluid	1/2	1/2	l cup	Milk	Water		
	Fruit/	cup ½`	cup ½	3/4				
	vegetable	cup	CUP	CUP				
	Grains	½ S	½ S	1 s or	Animal	Baked Whole		
		72 3 Or	72 3 Or	1 3 01		Grain Soft		
	(oz eq)	1/2	1/2	svg.	Crackers	Pretzels and		
		svg.	svg	(1		Sliced Cheddar		
		(1/2	(1/2	oz)		Cheese		
		oz)	oz)	,				
<u> </u>	I.	<u> </u>	· ~~,				l e e e e e e e e e e e e e e e e e e e	