- 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 Item	1-2 age	3-5 age	6-12 age		January 1 Thursday	January 2 Friday
Breakfast	Milk	1/2	3/4	1		Indisday	riiddy
breakiasi	MIIK	CUP	CUP	cup			
	Fruit	1/4	1/2	1/2		CLOSED	CLOSED
	Vegetable	CUP	CUP	CUP		CLOSED	CLOSED
		½ s	½ S	-1s			
	Grains	72 S Or	or ½	or 1			
	(oz eq)	1/2	serv	serv			
		serv	(1/2	(1			
		(1/2	OZ)	oz)			
		OZ)	02)	02)			
		OZJ					
	Add. Food option						
Lunch	Milk	1/2	3/4	1			
LOTICIT	Willix	cup	cup	cup			
	Vegetable	1/8	1/4	1/2			
		cup	cup	cup			
	Fruit	1/8	1/4	1/4			
	110	cup	cup	cup			
	Meat/	1 oz	1 ½	2 oz		CLOSED	CLOSED
	alternative		OZ			CLOSED	010012
	Grains	½ S	½ S	1 s			
	(oz eq)	or ½	or ½	or			
	(02 64)	serv	serv	serv			
		(1/2	(1/2	(1			
		oz)	oz)	oz)			
	Add. Food	•	,	,			
	option						
Snack	Fluid	1/2	1/2	1		CLOSED	CLOSED
		cup	cup	cup			
	Fruit/	1/2	1/2	3/4			
	vegetable	cup	cup	cup			
	Grains	½ S	½ S	1 s			
	(oz eq)	or ½	or ½	or			
	(1)	serv	serv	serv			
		(1/2	(1/2	(1			
		oz)	oz)	oz)			
			-	-			

	Manu	1-2	3-5	6-12	1	1	17	I	I
	Menu Item	age	age	age	January 5	January 6	January 7 Wednesday	January 8	January 9
			3/4	1	Monday	Tuesday		Thursday	Friday
Breakfast	Milk	½ CUP	CUP	CUP	Milk	Milk	Milk	Milk	Milk
	Fruit	1/4	1/2	1/2	Pineapple	Apple	Strawberries	Applesauce	Mandarin
	Vegetable	cup	cup	cup	Титопри	Slices		7.66.000000	Oranges
	Grains	½ S	½ S	1s or	Corn	Rice	Corn Chex	Whole	Kix Cereal
	(oz eq)	or ½	or ½	1	Flakes	Krispies	Cereal	Wheat	
		serv	serv	serv	Cereal	Cereal		Bagels	
		(1/2 oz)	(1/2 oz)	(1 oz)				3.1	
	Add.	OZ)	OZJ	OZJ				Cream	
	Food							Cheese	
	option							Circese	
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup					
	Vegetable	1/8	1/4	1/2	Beets	Peas	Cauliflower	Zucchini	Corn
	F*!	20p	CUP	CUP	Mixed Fruit	Do I	0::-:-:	D =	D
	Fruit	CUP	CUD	CUP	Mixed Fruit	Peaches	Orange	Pears	Bananas
				·			Slices		
	Meat/ alternative	1 oz	1 ½ OZ	2 oz	Turkey	Creamy	Teriyaki	Cheese	Diced
	allemative		OZ.		Sausage	Chicken	Chicken	Ravioli with	Chicken
					Patty Melt	Casserole (Diced	Breast	Mozzarella	with Salsa
					(turkey	Chicken,		Cheese	(diced
					sausage,	Cricken, Cream of		and	chicken
					cheddar	Chicken,		Tomato	and salsa)
					cheese,	Whole		Sauce	HM
					whole	Wheat			
					grain	Penne)			
					English muffin)HM	HM			
	Grains	½ S	½ S	1 s	Whole	Whole	Whole	Ravioli	Whole
	(oz eq)	or ½	or ½	or	Grain	Wheat	Grain	Kavion	Wheat
	(02 04)	serv	serv	serv					Tortilla
		(1/2	(1/2	(1	English	Penne	Dinner Roll		Torilla
		oz)	oz)	oz)	Muffin				
	Add.								
	Food option								
				_					
Snack	Fluid	1/2	1/2	]	Milk	White	Water	Water	Water
		cup	cup	cup		Grape			
						Juice			
	Fruit/	½`C	1/2	3/4					
	vegetable	up	cup	cup					
	Grains	½ s or ½	½ s or ½	1 s or	Graham	Pretzels	Flatbread	Wheat Thin	Triscuit
	(oz eq)	serv	ser	serv	Crackers	(inf/tods- saltine	and Cheddar Cheese Slices	Crackers	Crackers
		(1/2	(½	(1		crackers)	Cliegae alices	and	and Apple
		oz)	oz)	oz)		J. J. J. C. C. C. J.		Hummus	Slices
								(garbanzo beans, olive	
								oil, lemon	
								juice)HM	
	I .	<u> </u>					j .	Joice Jilly	

	Menu	1-2	3-5	6-12	January 12	January 13	January 14	January 15	January 16
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
biedkidsi	MIIK	cup	CUP	cup	MIIK	WIIK	MIIK	WIIK	MIIK
	Fruit	1/4	1/2	1/2	Blueberries	Apple Slices	Strawberries	Mango	Orange
	Vegetable	cup	cup	cup					Slices
	Grains	½ S	½ S	1s or	Rice Chex	Whole	Life Cereal	Multi-Grain	Rice
	(oz eq)	or ½	or ½	1	Cereal	Grain		Cheerios	Krispies
		serv	serv	serv	Cerear	Pancakes		Cereal	Cereal
		(1.60	(1, (0,	(1		Tancakes		Cerear	Cerear
		(1/2	(1/2	oz)					
	Add.	oz)	oz)			Light Syrup			
	Food					Ligili sylup			
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
LOTICIT	Wilk	cup	cup	cup	MIIK	MIIK	MIIK	MIIK	MILK
	Vegetable	1/8	1/4	1/2	Broccoli	Green	Mashed	Stewed	Carrot
		cup	cup	cup		Beans	Potatoes	Tomatoes	Sticks
						2000			(infants/tods-
									blanched)
	Fruit	1/8	1/4	1/4	Peaches	Pears	Pineapple	Mixed Fruit	Apple
		cup	cup	cup					Slices
	Meat/	1 oz	1 ½	2 oz	Turkey	Chicken	Beef Patty	Macaroni	English
	alternative		OZ		Meatballs	Salad	20011 4,	and Cheese	Muffin Pizza
					with	(Diced		(Whole	(WG English
					Tomato	chicken,		Wheat	muffin,
					Sauce	mayo,		Macaroni,	tomato
					sauce	dill)HM		Cheddar	sauce,
						J,		Cheese) HM	mozzarella
									cheese)
	Grains	½ S	½ S	1 s	Whole	Whole	Whole	Whole Grain	Whole Grain
	(oz eq)	or ½	or ½	or	Grain Slider	Wheat	Wheat	Macaroni	English
		serv	serv	serv	Roll	Bread	Hamburger		Muffin
		(1/2	(1/2	(1			Bun		
	Add. Food	oz)	oz)	oz)			Ketchup		
	option						No.o.iop		
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	Cinnamon
	(oz eq)	or ½	or ½	or	grain Club	Bean and	Crackers	Whole	Graham
		serv	serv	serv	Crackers	Veggie		Bagels and	Cracker
		(1/2 oz)	(1/2 oz)	(1 oz)	and	Crackers		Pineapple	Bites
		02)	02)	OZJ	Mozzarella			Cream	
					Cheese			Cheese	
					Sticks				
	L		<u> </u>		JIICK3	<u> </u>			<u> </u>

	Menu	1-2	3-5	6-12	January 19	January 20	January 21	January 22	January 23
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Monday	Milk	Milk	Milk	Milk
breakiasi	MIIK	CUP	CUP	cup		MIIK	MIIK	MIIK	MIIK
	Fruit	1/4	1/2	1/2	CLOSED	Strawberries	Applesauce	Blueberries	Apple Slices
	Vegetable	cup	cup	cup	CLOSED	Silawbeilies	Applesauce	Dioeberries	Apple slices
_	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		Cerear	Waffle		Cerear
		(1/2	(1/2	(1					
		oz)	oz)	oz)			Sticks		
	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		OZ			(Fish, plain	and Rice	(tuna,	(diced
						bread	Casserole	cheddar	hard-boiled
						crumbs)	(Diced	cheese,	egg, light
						,	chicken,	whole grain	mayo,
							-	English	mustard,
							cream of chicken,	muffin,	dill)HM
								mayo)HM	Gill) TilV
							brown	mayojim	
	Grains	½ S	½ S	1 s		Whole Grain	rice)HM Brown Rice	Whole Grain	Whole Grain
		or ½	or ½	or			brown kice		
	(oz eq)	serv	serv	serv		Dinner Roll		English	Bread
		(1/2	(1/2	(1				Muffin	
		oz)	oz)	oz)					
	Add.		,	,		Ketchup			
	Food								
	option								
Snack	Fluid	1/2	1/2	1	CLOSED	Milk	Milk	Water	White
		cup	cup	cup					Grape
									Juice
	Fruit/	1/2	1/2	3/4					101CE
	vegetable	CUP	CUP	CUP					
	Grains	½ S	½ S	1 s		Animal	Cinnamon	Whole Wheat	Cheez-its
	(oz eq)	or ½	or ½	or			Raisin	Pita and Red	
	(02 64)	serv	serv	serv		Crackers	Squares	Pepper	Crackers
		(1/2	(1/2	(1			squares	Hummus (red	
		oz)	oz)	oz)				peppers,	
		,	,	,				tahini,	
								garbanzo	
								beans, olive	
								oil, garlic)	

	Menu	1-2	3-5	6-12	January 26	January 27	January 28	January 29	January 30
	Item	age	age	age	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
biedkidsi	MIIK	cup	cup	cup	MIIK	WIIK	WIIK	WIIK	MIIK
	Fruit	1/4	1/2	1/2	Mandarin	Pineapple	Strawberries	Apple Slices	Bananas
	Vegetable	cup	cup	cup	Oranges				
	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
		serv	serv	serv	Cereal	Cereal		Croissants	
		(1/2 oz)	(1/2 oz)	(1 oz)					
	Add.	02)	OZJ	OZ)				Butter	
	Food							Donei	
	option								
Lunch	Milk	1/2	3/4	1	Milk	Milk	Milk	Milk	Milk
		cup	cup	cup	77	71	71	771111	77
	Vegetable	1/8	1/4	1/2	Diced	Lima Beans	Cucumber	Diced	Lettuce
		cup	cup	cup	Potatoes		Slices	Carrots	and
					(potatoes,				Tomato
					olive oil,				
					oregano)				
	Fruit	1/8	1/4	1/4	Peaches	Pears	Mixed Fruit	Pineapple	Orange
		cup	cup	cup					Slices
	Meat/	1 oz	1 ½	2 oz	Turkey	BBQ	Tuna Salad	Sweet and	Sliced
	alternative		OZ		Burger	Ground	(tuna, light	Sour	Turkey
						Turkey	mayo, dill)	Chicken	-
						(ground	HM	(diced	
						turkey, bbq		chicken,	
						sauce,		sweet and	
						ketchup)HM		sour	
								sauce)HM	
	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
		serv	serv	serv	Hamburger	Bread			Tortilla
		(1/2	(1/2	1 (1	Bun	Dioda			10111110
	Add.	oz)	oz)	oz)	Ketchup				Mustard
	Food				Keicilob				MUSICIU
	option								
Snack	Fluid	1/2	1/2	1	Milk	Apple	Water	Orange	Water
		cup	cup	cup		Juice		Juice	114.0
	Fruit/	1/2	1/2	3/4		00.00		00.00	
	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
		servi	servi	servi			and		and
		ng (1/2	ng (1/2	ng (1			Cheddar		Mozzarella
		OZ)	oz)	oz)			Cheese		Cheese
		02)	) Lj	02)			Slices		Sticks