

Week of: September 9-13

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST (all)	Milk*	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	¼ cup	½ cup	Pear cups	Peaches	100% juice	Banana	Pineapple
	Grain/Meat	½ oz. eq.	½ oz. eq.	Buttermilk biscuit w/ jelly	WG apple cinnamon cheerios	WW raisin bread	WG kix	Bagel w/ cream cheese
		Infants (under one year)		Buttermilk biscuit w/ jelly	Iron fortified baby cereal	WW raisin bread	Iron fortified baby cereal	Bagel w/ cream cheese
LUNCH (all)	Milk*	½ cup	¾ cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	¼ cup	Broccoli	Hash brown	Green beans	Tater tots	Carrots
	Fruit/Vegetable	1/8 cup	¼ cup	Mixed berries	Blueberries	Applesauce cup	Mango	Strawberries
	Grain	½ oz. eq.	½ oz. eq.	WW bread	WW French toast w/ syrup	WG penne pasta w/ marinara sauce	WG bun	WW tortilla
	Meat/Meat Alternate	1 oz.	1 ½ oz.	Cheddar cheese	Pork sausage	-----	Hamburger	Monterey jack cheese
SNACK (2, if no milk, water will be served)	Milk*	½ cup	½ cup	Milk	Milk	Water	Milk	Milk
	Fruit	½ cup	½ cup					
	Vegetable	½ cup	½ cup					
	Grain	½ oz. eq.	½ oz. eq.	Vanilla wafers	WG goldfish	WG graham crackers	WG cheez-its	WG animal crackers
		Infants (under one year)		Vanilla wafers	WG goldfish	WG graham crackers	WG cheez-its	WG animal crackers
	Meat/Meat Alternate	½ oz.	½ oz.			Vanilla yogurt		

*Children up to 24 months receive whole milk. Those over 24 months receive 1% milk.

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