



Week 1

B R E A K F A S T	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup
	Grains, Bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	
Flakes or rounds	¼ cup	¼ cup	1 cup	

L U N C H	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	¼ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, Bread	½ slice	½ slice	1 slice
	Biscuit/roll	½ serving	½ serving	1 serving
	Bun	Serving size	Serving size	Serving size
Pita	size	size	size	
Tortilla Shell	½ shell	½ shell	1 serving	
Pasta	¼ cup	¼ cup	½ cup	
Brown Rice	¼ cup	¼ cup	½ cup	

S N A C K	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt	1/2 oz or ¼ cup	½ oz or ¼ cup	1 oz or ½ cup
	Cheese	1 slice	1 slice	2 slices
	Vegetable	½ cup	½ cup	¾ cup
	Fruit, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains	Bread ½ slice Muffin ½ serving Cereal ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup

Monday	Tuesday	Wednesday	Thursday	Friday
10/30	10/31	11/1	11/2	11/3
<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>	<u>Breakfast</u>
WG Cheerios Peaches Milk	Yogurt Blueberries Milk	WG Apple Muffin Banana Milk	WG Cinnamon Bites Applesauce Milk	WG Cereal Peaches Milk
<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>	<u>Lunch</u>
Hawaiian BBQ Grilled Nuggets Rice BBQ Sauce Pineapple Tidbits Milk	WG Rigatoni w/Meat Sauce Tossed Salad with Cucumbers &Tomatoes Peaches Milk	Grilled Cheese on WW Bread Tomato Soup Pears Milk	Hot Ham & Cheese WG Hawaiian Roll Corn Mandarin Oranges Milk	Turkey Hot Dog on WW Bun Vegetarian Beans Apple Slices Milk
<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>	<u>Snack</u>
Graham Crackers Pineapple Water	WW Crackers Cheese Slices Water	Cucumber Slices Hummus Water	WG Goldfish Fruit Cocktail Water	Carrot Sticks w/ Ranch Dressing WW Crackers Water

**WW or WG Cereal- Cheerios, Corn Flakes, Rice Krispies, Chex is always available for breakfast.**

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**Week 2**

<b>B R E A K F A S T</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup
	Grains, Bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta Flakes or rounds	½ slice ½ serving ¼ cup ½ cup	½ slice ½ serving ¼ cup ½ cup	1 slice 1 serving ½ cup 1 cup

<b>L U N C H</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	¼ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, Bread	½ slice	½ slice	1 slice
	Biscuit/roll Bun Pita Tortilla Shell Pasta Brown Rice	½ serving Serving size ½ shell ¼ cup ¼ cup	½ serving Serving size ½ shell ¼ cup ¼ cup	1 serving Serving size 1 serving ½ cup ½ cup

<b>S N A C K</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt Cheese	½ oz or ¼ cup 1 slice	½ oz or ¼ cup 1 slice	1 oz or ½ cup 2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruit, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains Bread Muffin Cereal	½ slice ½ serving ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup

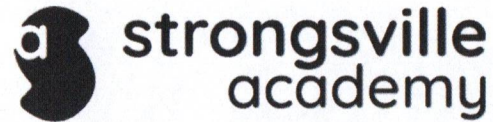
<b>Monday</b> <b>11/6</b>	<b>Tuesday</b> <b>11/7</b>	<b>Wednesday</b> <b>11/8</b>	<b>Thursday</b> <b>11/9</b>	<b>Friday</b> <b>11/10</b>
<b><u>Breakfast</u></b>  WG Blueberry Lemon Bites Banana Milk	<b><u>Breakfast</u></b>  WG Cereal Peaches Milk	<b><u>Breakfast</u></b>  WG Cinnamon Bites Fruit Cocktail Milk	<b><u>Breakfast</u></b>  WG Cereal Applesauce Milk	<b><u>Breakfast</u></b>  WG Rice Krispies Orange Slice Milk
<b><u>Lunch</u></b>  WW English Muffin Pizza w/Cheese Carrot Sticks Ranch Dressing Pears Milk	<b><u>Lunch</u></b>  WG Tortilla Diced Chicken Ranch Wrap Green Beans Pineapple Milk	<b><u>Lunch</u></b>  Turkey & Cheese WW Bread Cucumbers Pears Milk	<b><u>Lunch</u></b>  Tacos WG Tortilla Lettuce, Tomato Shredded Cheddar Cheese Mandarin Oranges Milk	<b><u>Lunch</u></b>  Sloppy Joe on WW Bun Corn Peaches Milk
<b><u>Snack</u></b>  WW Crackers w/Jelly Apple Slices Water	<b><u>Snack</u></b>  Chex Trail Mix Watermelon Wedges Water	<b><u>Snack</u></b>  WG Ranch Crackers Bananas Water	<b><u>Snack</u></b>  WG Cheez-Its Applesauce Water	<b><u>Snack</u></b>  Yogurt Dippers Blueberries Graham Crackers Water

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**Week 3**

<b>B R E A K F A S T</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup
	Grains, Bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving
	Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	½ cup	½ cup	½ cup
	Flakes or rounds	½ cup	½ cup	1 cup

<b>L U N C H</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	½ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, Bread	½ slice	½ slice	1 slice
	Biscuit/roll	½ serving	½ serving	1 serving
	Bun	Serving	Serving	Serving
	Pita	size	size	size
Tortilla Shell	½ shell	½ shell	1 serving	
Pasta	¼ cup	¼ cup	½ cup	
Brown Rice	¼ cup	¼ cup	½ cup	

<b>S N A C K</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt	½ oz or ¼ cup	½ oz or ¼ cup	1 oz or ½ cup
	Cheese	1 slice	1 slice	2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruit, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains	Bread ½ slice Muffin ½ serving Cereal ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup

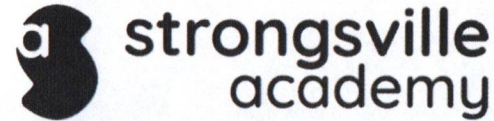
Monday 11/13	Tuesday 11/14	Wednesday 11/15	Thursday 11/16	Friday 11/17
<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>
WG Cornflakes Banana Milk	WG Cereal Fruit Cocktail Milk	WG Blueberry Muffin Applesauce Milk	WG Cereal Peaches Milk	WG Cinnamon Bites Apple Slices Milk
<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>
Spanish WG Rice Taco Ground Beef w/WW Tortilla Corn Peaches Milk	Chicken Nuggets Rice Pilaf Peas & Carrots Pineapple Milk	Chili w/Beans Cauliflower Mandarin Oranges Milk	WG Rigatoni w/Meatballs Tossed Salad with Cucumbers & Tomatoes Pineapple Milk	Grilled Cheese on WW Bread Tomato Soup Mixed Vegetables Pears Milk
<b><u>Snack</u></b>	<b><u>Snack</u></b>	<b><u>Snack</u></b>	<b><u>Snack</u></b>	<b><u>Snack</u></b>
Animal Crackers Applesauce Water	Banana Split Yogurt Pineapple Granola Water	Ritz Crackers Sun Butter Celery Sticks Water	WG Goldfish Apple Slices Water	Chex Trail Mix Banana Water

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**Week 4**

<b>B R E A K F A S T</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables fruits, or portions of both	¼ cup	½ cup	½ cup
	Grains, Bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta Flakes or rounds	½ slice ½ serving ¼ cup ½ cup	½ slice ½ serving ¼ cup ½ cup	1 slice 1 serving ½ cup 1 cup

<b>L U N C H</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	½ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, Bread Biscuit/roll Bun Pita Tortilla Shell Pasta Brown Rice	½ slice ½ serving Serving size ½ shell ¼ cup ¼ cup	½ slice ½ serving Serving size ½ shell ¼ cup ¼ cup	1 slice 1 serving Serving size 1 serving ½ cup ½ cup

<b>S N A C K</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat Alternative/Yogurt Cheese	½ oz or ¼ cup 1 slice	½ oz or ¼ cup 1 slice	1 oz or ½ cup 2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruit, (can, cut or juice)	½ cup	½ cup	¾ cup
	Grains Bread Muffin Cereal	½ slice ½ serving ½ cup	½ slice ½ serving ½ cup	1 slice 1 serving 1 cup

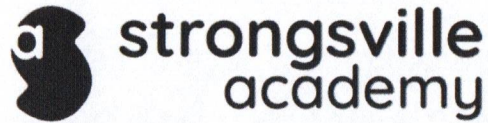
<b>Monday</b> <b>11/20</b>	<b>Tuesday</b> <b>11/21</b>	<b>Wednesday</b> <b>11/22</b>	<b>Thursday</b> <b>11/23</b>	<b>Friday</b> <b>11/24</b>
<b><u>Breakfast</u></b>  WG Cereal Pears Milk	<b><u>Breakfast</u></b>  WG Muffins Strawberries Milk	<b><u>Breakfast</u></b>  WG Chex Peaches Milk	<b><u>Breakfast</u></b>  Yogurt Banana Milk	<b><u>Breakfast</u></b>  WG Cheerios Apple Slice Milk
<b><u>Lunch</u></b>  Turkey Meatball Sub on WW Bun Green Beans Applesauce Milk	<b><u>Lunch</u></b>  WW English Muffin Pizza Broccoli Fruit Cocktail Milk	<b><u>Lunch</u></b>  WG Macaroni & Cheese Cauliflower Mandarin Oranges Milk	<b><u>Lunch</u></b>  Turkey Hot Dog on WW Bun Vegetarian Beans Broccoli Pears Milk	<b><u>Lunch</u></b>  Salami & Cheese on WW Bread Vegetable Soup Pineapple Milk
<b><u>Snack</u></b>  Cucumbers w/ Ranch Dressing Banana Water	<b><u>Snack</u></b>  Cheese Stick w/ WW Crackers Fruit Cocktail Water	<b><u>Snack</u></b>  Corn Chips & Salsa Pineapple Water	<b><u>Snack</u></b>  WG Cinnamon Bites Peaches Water	<b><u>Snack</u></b>  Graham Crackers Fruit Kabob Water

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**Week 5**

<b>B R E A K F A S T</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables, fruits, or portions of both	¼ cup	½ cup	½ cup
	Grains, Bread Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ slice ½ serving	½ slice ½ serving	1 slice 1 serving
	Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta	¼ cup	¼ cup	½ cup
	Flakes or rounds	½ cup	½ cup	1 cup

<b>L U N C H</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Vegetables	1/8 cup	¼ cup	½ cup
	Fruit	1/8 cup	¼ cup	¼ cup
	Meat/Meat Alternative	1 ounce	1 ½ ounce	2 ounces
	Grains, Bread	½ slice	½ slice	1 slice
	Biscuit/roll	½ serving	½ serving	1 serving
	Bun	Serving	Serving	Serving
	Pita	size	size	
	Tortilla Shell	½ shell	½ shell	1 serving
	Pasta	¼ cup	¼ cup	½ cup
	Brown Rice	¼ cup	¼ cup	½ cup

<b>S N A C K</b>	Food Components	Ages 1-2	Ages 3-5	Ages 6-12
	Fluid Milk	4 oz	6 oz	8 oz
	Meat	½ oz or	½ oz or	1 oz or
	Alternative/Yogurt	¼ cup	¼ cup	½ cup
	Cheese	1 slice	1 slice	2 slices
	Vegetable	½ cup	½ cup	¾ cups
	Fruit, (can, cut or juice)	½ cup	½ cup	¾ cup
Grains	Bread	½ slice	½ slice	1 slice
	Muffin	½ serving	½ serving	1 serving
	Cereal	½ cup	½ cup	1 cup

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>11/27</b>	<b>11/28</b>	<b>11/29</b>	<b>11/30</b>	<b>12/1</b>
<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>	<b><u>Breakfast</u></b>
WG Chex Banana Milk	WG Cinnamon Bites Peaches Milk	WG Blueberry Muffin Apple Sauce Milk	WG Cereal Peaches Milk	WG Cornflakes Orange Slices Milk
<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>	<b><u>Lunch</u></b>
Chicken w/Ranch WW Tortilla Wrap Green Beans Pineapple Milk	Chicken Nuggets WG Rice Pilaf Peas & Carrots Pears Milk	WG Rigatoni w/Meatballs Tossed Salad with Cucumbers & Tomatoes Peaches Milk	Hawaiian BBQ Grilled Nuggets Rice BBQ Sauce Pineapple Tidbits Milk	WG Macaroni & Cheese w/Ham Broccoli Mandarin Oranges Milk
<b><u>Snack</u></b>	<b><u>Snack</u></b>	<b><u>Snack</u></b>	<b><u>Snack</u></b>	<b><u>Snack</u></b>
Vanilla Wafers Apple Slices Water	Corn Chips & Salsa Banana Water	Cheese Sticks Pretzels Watermelon Wedges Water	Graham Crackers Yogurt Peaches Water	WG Pizza Crackers Hummus Water

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