

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Corn Flakes Cereal</i> 1/2 cup Corn Flakes 1/2 cup banana 3/4 cup LF Milk (whole grain)</p>	<p><i>Oatmeal w/Fresh Fruit</i> 1/3 cup oatmeal 1/2 cup apples 3/4 cup LF Milk (whole grain)</p>	<p><i>flavored Bread w/ pineapple chunks</i> 1 Slice flavored Bread 1/2 cup pineapple chunks 3/4 cup LF Milk</p>	<p><i>Kix cereal w/ fresh fruit</i> 1/2 cup kix cereal 1/2 cup pears 3/4 cup LF Milk (whole grain)</p>	<p><i>baked egg in a pepper ring w/ applesauce</i> 1 whole egg 1/4 pepper 1/2 cup apple sauce 3/4 cup LF Milk</p>
<p><i>Cheerios</i> 1/2cup Cheerios 1/2 cup banana 3/4 cup LF Milk (whole grain)</p>	<p><i>Whole grain English Muffin w/ Fresh Fruit</i> 1 Whole grain English Muffin 1/2 cup apples 3/4 cup LF Milk (whole grain)</p>	<p><i>Bagel w/Cream Cheese Mandarin oranges</i> 1/2 Bagel w/Cream Cheese 1/2 cup mandarin oranges 3/4 cup LF Milk</p>	<p><i>Honey bunches of oats Cereal w/ fresh fruit</i> 1/2 cup honey bunches of oats 1/2 cup pears 3/4 cup LF Milk</p>	<p><i>Whole wheat pancakes w/syrup & apple sauce</i> 1 whole wheat pancake 1/2 cup apple sauce 3/4 cup LF Milk (whole grain)</p>
<p><i>Rice Krispies Cereal</i> 1/2 cup Special K Granola 1/2 cup banana 3/4 cup LF Milk (whole grain)</p>	<p><i>Oatmeal w/ fresh fruit</i> 1/3 cup oatmeal 1/2 cup apples 3/4 cup LF milk (whole grain)</p>	<p><i>Waffle w/ Jelly pineapple chunks</i> 1/2 English Muffin 1/2 cup pineapple chunks 3/4 cup LF Milk</p>	<p><i>Honey Kix Cereal</i> 1/2 cup Honey Kix cereal 1/2 cup pears 3/4 cup LF Milk (whole grain)</p>	<p><i>baked egg in a pepper ring w/ applesauce</i> 1 whole egg 1/4 pepper 1/2 cup apple sauce 3/4 cup LF Milk</p>
<p><i>Life Cereal</i> 1/2 cup Life Cereal 1/2 cup banana 3/4 cup LF Milk (whole grain)</p>	<p><i>French Toast w/ Syrup Fresh Fruit</i> 3 French Toast Sticks w/ Syrup 1/2 cup apples 3/4 cup LF Milk</p>	<p><i>Raisin Toast w/ butter mandarin oranges</i> 1 Slice Raisin Toast 1/2 cup mandarin oranges 3/4 cup LF Milk</p>	<p><i>Chex Rice Cereal</i> 1/2 cup Chex Rice 1/2 cup pears 3/4 cup LF Milk (whole grain)</p>	<p><i>Whole wheat pancakes w/syrup & apple sauce</i> 1 whole wheat pancake 1/2cup apple sauce 3/4 cup LF Milk (whole grain)</p>

Ages 3 thru 5 Breakfast Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>SHEPARD'S PIE w/roll Served with Diced Green Peppers 1.5 oz Lean Ground Beef ¼ cup Potatoes ¼ cup Corn ¼ cup Diced Peppers roll ¾ cup LOWFAT MILK</p>	<p>Chicken Tenders w/ White Rice and Green Beans Raw Carrots and Ranch Dressing 1.5oz Chicken ¼ cup Boiled white rice ½ cup Green beans ¼ cup Raw Carrots ¾ cup LOWFAT MILK</p>	<p>Creamy Chicken served Whole Wheat Rotini and Gravy served with diced peppers 1.5oz Cubed Chicken Breast ½ cup Steamed broccoli ¼ cup Whole Wheat Rotini ¼ cup diced salad ¾ cup LOWFAT MILK (whole grain)</p>	<p>Beef Tacos infused with pureed carrots served w/corn &celery sticks 1.5 oz Ground beef 1 Taco shell ¼ cup Corns 1/8 cup Carrots (in tacos) ¼ cup of celery sticks ¾ cup LOWFAT MILK</p>	<p>100% Beef Hot Dog served on a Bun and served with Peas & Carrots and whole grain pasta salad w/tom &cucks 1 beef Hot Dog 1 Hot Dog Buns ¼ pasta salad w/tom& cucks ¼ cup Peas & Carrots ¾ cup LOWFAT MILK (whole grain)</p>
<p>Carved Turkey Dinner with mashed Potatoes and cooked Carrots 1.5 oz Carved Turkey ¼ cup Bread Stuffing ¼ cup Mashed Potatoes ¼ cup Carrots ¾ cup LOWFAT MILK</p>	<p>Chicken Hamburgers severed on Bun with Tomato & <i>Cucumber</i> Salad with a side of corn 1.5oz Ground Chicken ¼ cup corn ¼ cup of <i>Cucumber</i> & Tomatoes Hamburger Roll ¾ cup LOWFAT MILK</p>	<p>American Chop Suey, w/ peas Served Celery Sticks Lean Ground Beef 1.5oz ¼ cup Tomato Sauce ¼ cup Whole wheat elbows ¼ cup peas ¼ cup of Celery Sticks ¾ cup LOWFAT MILK (whole grain)</p>	<p>Whole Wheat Penne Pasta & Meatballs w/ broccoli & chopped salad ¼ cup Whole Wheat Pasta 1.5 oz Meatballs ¼ cup tomato sauce ¼ cup Chopped Salad 1/4c broccoli ¾ cup LOWFAT MILK (whole grain)</p>	<p>CHEESE PIZZA & Raisins 1.5 oz Cheese 1/8 cup Pizza Sauce ½ c Raisins ¼ cup Fresh carrots 1 Pizza Crust ¾ cup LOWFAT MILK</p>
<p>SHEPARD'S PIE W/roll Served with celery sticks 1.5 oz Lean Ground Beef ¼ cup Potatoes ¼ cup Corn ¼ cup celery sticks roll ¾ cup LOWFAT MILK</p>	<p>Fish Fillets w/white rice Chopped salad & broccoli 1.5 oz Fish Sticks Dinner Roll ¼ chopped salad ¼ cup broccoli ¾ cup LOWFAT MILK</p>	<p>Mac N Cheese w/ squash infused puree, peas, Raw carrots 1.5 oz cheese ¼ cup whole wheat shells ¼ cup peas ¼ cup raw Carrots ¾ cup LOWFAT MILK (whole grain)</p>	<p>Grilled Chicken with white rice and Green Beans 1.5oz Chicken ¼ cup Boiled white ¼ cup Green beans ¼ cup diced peppers ¾ cup LOWFAT MILK</p>	<p>100% Beef Hot Dog served on a Bun with Peas & Carrots and whole grain pasta salad w/tom & cucumber 1 beef Hot Dog 1 Hot Dog Buns ¼ pasta salad w/tom& cucks ¼ cup Peas & Carrots ¾ cup LOWFAT MILK (whole grain)</p>
<p>Chicken Soup w/ garlic bread 1.5 oz Shredded Chicken ¼ cup whole grain elbow pasta 1/8 cup Carrots 1/8 cup Celery 1 garlic bread ¾ cup LOWFAT MILK (whole grain)</p>	<p>Whole grain Pasta w/ Sautéed Chicken and Broccoli served with chopped Salad Chicken 1.5oz ¼ cup whole grain Macaroni ¼ cup Broccoli ¼ cup Chopped Salad ¾ cup LOWFAT MILK (whole grain)</p>	<p>Chopped Sirloin over whole grain rotini pasta w/ Brown Gravy 1.5 oz Chopped Sirloin 1 whole grain rotini pasta ¼ cup Carrots ¼ cup celery sticks ¾ cup LOWFAT MILK (whole grain)</p>	<p>Ham Dinner w/ roasted potatoes, tomato & Cucumber salad & Peas Whole wheat corn bread 1.5 oz Carved Ham 1 whole wheat corn bread 1/4 cup Roasted Potatoes ¼ cup Peas ¼ cucumber & tomato salad ¾ cup LOWFAT MILK</p>	<p>CHEESE PIZZA w/ carrots & Raisins 1.5 oz Cheese 1/8 cup Pizza Sauce ¼ cup Raisins ¼ cup carrots 1 Pizza Crust ¾ cup LOWFAT MILK</p>

Ages 3 thru 5 Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Strawberry gogurt</i> 100% Juice $\frac{3}{4}$ C	Club crackers w/cheese slices 100% fruit juice $\frac{3}{4}$ C	<i>Chocolate Teddy Grahams</i> w/ peanut butter 100% Juice $\frac{3}{4}$ C	<i>White cheddar cheeze-its</i> 100% Juice $\frac{3}{4}$ C	<i>Nutella and bread sticks</i> 100% Juice $\frac{3}{4}$ C
<i>Chobani plain yogurt w/</i> <i>Oreo crumble</i> 100% Juice $\frac{3}{4}$ C	<i>Pretzels w/ peanut butter</i> 100% Juice $\frac{3}{4}$ C	<i>Peanut butter crackers</i> 100% Juice $\frac{3}{4}$ C	<i>Cheeze-its</i> 100% Juice $\frac{3}{4}$ C	<i>pretzels</i> 100% Juice $\frac{3}{4}$ C
<i>Strawberry yogurt</i> 100% Juice $\frac{3}{4}$ C	<i>Ritz crackers w/ pepperoni</i> slices 100% fruit juice $\frac{3}{4}$ C	<i>Kraft Cheese& Crackers</i> 100% Juice $\frac{3}{4}$ C	<i>Graham crackers</i> 100% Juice $\frac{3}{4}$ C	<i>Nutella and bread sticks</i> 100% Juice $\frac{3}{4}$ C
<i>Chobani plain yogurt w/</i> <i>Chocolate chip cookie</i> crumble 100% Juice $\frac{3}{4}$ C	<i>Chex mix original</i> 100% Juice $\frac{3}{4}$ C	<i>Teddy Grahams</i> 100% Juice $\frac{3}{4}$ C	<i>Cheddar goldfish</i> 100% Juice $\frac{3}{4}$ C	<i>Animal Crackers</i> 100% Juice $\frac{3}{4}$ C

Ages 3 thru 5 Afternoon Snack Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CHEESE PIZZA w/ carrots & Raisins 1.5 oz Cheese 1/8 cup Pizza Sauce ¼ cup Raisins ¼ cup carrots 1 Pizza Crust ¾ cup LOWFAT MILK</p>	<p>SHEPARD'S PIE w/roll Served with Diced Green Peppers 1.5 oz Lean Ground Beef ¼ cup Potatoes ¼ cup Corn ¼ cup Diced Peppers roll ¾ cup LOWFAT MILK</p>	<p>Chicken Tenders w/ White Rice and Green Beans Raw Carrots and Ranch Dressing 1.5oz Chicken ¼ cup Boiled white rice ½ cup Green beans ¼ cup Raw Carrots ¾ cup LOWFAT MILK</p>	<p>Creamy Chicken served Whole Wheat Rotini and Gravy served with diced peppers 1.5oz Cubed Chicken Breast ½ cup Steamed broccoli ¼ cup Whole Wheat Rotini ¼ cup diced salad ¾ cup LOWFAT MILK</p>	<p>Beef Tacos infused with pureed carrots served w/corn &celery sticks 1.5 oz Ground beef 1 Taco shell ¼ cup Corns 1/8 cup Carrots (in tacos) ¼ cup of celery sticks ¾ cup LOWFAT MILK</p>
<p>100% Beef Hot Dog served on a Bun and served with Peas & Carrots and whole grain pasta salad w/tom &cucks 1 beef Hot Dog 1 Hot Dog Buns ¼ pasta salad w/tom& cucks ¼ cup Peas & Carrots ¾ cup LOWFAT MILK</p>	<p>Carved Turkey Dinner with mashed Potatoes and cooked Carrots 1.5 oz Carved Turkey ¼ cup Bread Stuffing ¼ cup Mashed Potatoes ¼ cup Carrots ¾ cup LOWFAT MILK</p>	<p>Chicken Hamburgers severed on Bun with Tomato & Cucumber Salad with a side of corn 1.5oz Ground Chicken ¼ cup corn ¼ cup of Cucumber & Tomatoes Hamburger Roll ¾ cup LOWFAT MILK</p>	<p>American Chop Suey, w/ peas Served Celery Sticks Lean Ground Beef 1.5oz ¼ cup Tomato Sauce ¼ cup Whole wheat elbows ¼ cup peas ¼ cup of Celery Sticks ¾ cup LOWFAT MILK</p>	<p>Whole Wheat Penne Pasta & Meatballs w/ broccoli & chopped salad ¼ cup Whole Wheat Pasta 1.5 oz Meatballs ¼ cup tomato sauce ¼ cup Chopped Salad 1/4c broccoli ¾ cup LOWFAT MILK</p>
<p>CHEESE PIZZA & Raisins 1.5 oz Cheese 1/8 cup Pizza Sauce ½ c Raisins ¼ cup Fresh carrots 1 Pizza Crust ¾ cup LOWFAT MILK</p>	<p>SHEPARD'S PIE w/roll Served with celery sticks 1.5 oz Lean Ground Beef ¼ cup Potatoes ¼ cup Corn ¼ cup celery sticks roll ¾ cup LOWFAT MILK</p>	<p>Fish Fillets w/white rice Chopped salad & broccoli 1.5 oz Fish Sticks Dinner Roll ¼ chopped salad ¼ cup broccoli ¾ cup LOWFAT MILK</p>	<p>Mac N Cheese w/ squash infused puree, peas, Raw carrots 1.5 oz cheese ¼ cup whole wheat shells ¼ cup peas ¼ cup raw Carrots ¾ cup LOWFAT MILK</p>	<p>Grilled Chicken with white rice and Green Beans 1.5oz Chicken ¼ cup Boiled white ¼ cup Green beans ¼ cup diced peppers ¾ cup LOWFAT MILK</p>
<p>100% Beef Hot Dog served on a Bun and served with Peas & Carrots and whole grain pasta salad w/tom &cucks 1 beef Hot Dog 1 Hot Dog Buns ¼ pasta salad w/tom& cucks ¼ cup Peas & Carrots ¾ cup LOWFAT MILK</p>	<p>Chicken Soup w/ garlic bread 1.5 oz Shredded Chicken ¼ cup whole grain elbow pasta 1/8 cup Carrots 1/8 cup Celery 1 garlic bread ¾ cup LOWFAT MILK</p>	<p>Whole grain Pasta w/ Sautéed Chicken and Broccoli served with chopped Salad Chicken 1.5oz ¼ cup whole grain Macaroni ¼ cup Broccoli ¼ cup Chopped Salad ¾ cup LOWFAT MILK</p>	<p>Chopped Sirloin over whole grain rotini pasta w/ Brown Gravy 1.5 oz Chopped Sirloin 1 whole grain rotini pasta ¼ cup Carrots ¼ cup celery sticks ¾ cup LOWFAT MILK</p>	<p>Ham Dinner w/ roasted potatoes, tomato & Cucumber salad & Peas Whole wheat corn bread 1.5 oz Carved Ham 1 whole wheat corn bread 1/4 cup Roasted Potatoes ¼ cup Peas ¼ cucumber & tomato salad ¾ cup LOWFAT MILK</p>

Ages 3 thru 5 Dinner Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>Animal Crackers</i> ¾ cup LOWFAT MILK	<i>Strawberry gogurt</i> ¾ cup LOWFAT MILK	<i>Club crackers w/cheese slices</i> ¾ cup LOWFAT MILK	<i>Chocolate Teddy Grahams w/ peanut butter</i> ¾ cup LOWFAT MILK	<i>White cheddar cheeze-its</i> ¾ cup LOWFAT MILK
<i>Nutella and bread sticks</i> ¾ cup LOWFAT MILK	<i>Chobani plain yogurt w/ Oreo crumble</i> ¾ cup LOWFAT MILK	<i>Pretzels w/ peanut butter</i> ¾ cup LOWFAT MILK	<i>Peanut butter crackers</i> ¾ cup LOWFAT MILK	<i>Cheeze-its</i> ¾ cup LOWFAT MILK
<i>pretzels</i> ¾ cup LOWFAT MILK	<i>Strawberry Yogurt</i> ¾ cup LOWFAT MILK	<i>Ritz crackers w/ pepperoni slices</i> ¾ cup LOWFAT MILK	<i>Kraft Cheese & Crackers</i> ¾ cup LOWFAT MILK	<i>Graham crackers</i> ¾ cup LOWFAT MILK
<i>Nutella and bread sticks</i> ¾ cup LOWFAT MILK	<i>Chobani plain yogurt w/ Chocolate chip cookie crumble</i> ¾ cup LOWFAT MILK	<i>Chex mix original</i> ¾ cup LOWFAT MILK	<i>Teddy Grahams</i> ¾ cup LOWFAT MILK	<i>Cheddar goldfish</i> ¾ cup LOWFAT MILK

Ages 3 thru 5 Evening Snack