

\*Children between 12- 23 months -½ Cup Whole Milk \* **Choking Hazard Note:** All Meat, vegetable + fruit are to be cut into ¼ of an inch pieces. Seeds are removed from fruit. No grapes, no raisins are permitted

W1	Meal Serving Sizes			8-Tues	9-Wed	10-Thurs	11-Fri
<b>Breakfast</b>	Fruit	1/4 C		Diced seedless watermelon	Banana	Pineapple cup	Diced cantaloupe
	Cereal	3/4 C					
	Grain	1/2-Oz eq		Rice Krispies	cheerios	Crispex	W/G Waffles
	Milk *	1/2 C		1% milk	1% milk	1% milk	1% milk
		# of Child					
	# of Adult						
<b>Lunch</b>	Meat/Meat Alt	1-Oz		W/G Chicken patty	Beef Meatballs		Turkey & cheese sandwich
	Pasta, Rice/	1/4 C				Cheese Quesadillas	
	Grain/ bread	1/2-Oz eq		1 W/G Bun	W/G Spaghetti	(Made with W/G tortilla)	On W/G sliced bread
	Vegetable	1/8 C		Sliced cucumber	String beans	Steamed Corn	Steamed Diced Carrots
	Fruit	1/8 C					
				Peach cup	Diced Honeydew	Sliced green pear	Sliced red apple
	Milk*	1/2 C		1% milk	1% milk	1% milk	1% milk
	# of Child						
	# of Adult						
<b>Snack</b>	Fruit Juice	4 oz		100% Pineapple Juice	100% Apple Juice	100% Orange/Pineapple Juice	100% Fruit Punch Juice
	Grain	1/2-Oz eq					
	Yogurt	4 oz		Cheez its	W/G graham crackers	W/G goldfish cracker	Individual strawberry banana yogurt water from class
		# of Child					
		# of Adult					

Comments/ Suggestions from Parents/ Teachers	Comentarios/Sugerencias de los Padres/Maestro

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer." Menu Approved by: Kimberly Castro

\*Children between 12- 23 months -½ Cup Whole Milk \* **Choking Hazard Note:** All Meat, vegetable + fruit are to be cut into ¼ of an inch pieces. Seeds are removed from fruit. No grapes, no raisins are permitted

<b>W2</b>	<b>Meal Serving Sizes</b>		<b>14-Mon</b>	<b>15-Tues</b>	<b>16-Wed</b>	<b>17-Thurs</b>	<b>18-Fri</b>
<b>Breakfast</b>	<b>Fruit</b>	<b>1/4 C</b>	Diced Cantaloupe	Pineapple cup	Diced honeydew	Banana	Diced seedless watermelon
	<b>Cereal</b>	<b>3/4 C</b>	Kix	Rice krispies	W/G Pancake	Cheerios	W/G Muffin
	<b>Grain</b>	<b>1/2-Oz eq</b>					
	<b>Milk*</b>	<b>1/2 C</b>	1% milk	1% milk	1% milk	1% milk	1% milk
	# of Child						
# of Adult							
<b>Lunch</b>	<b>Meat/Meat Alt</b>	<b>1-Oz</b>	W/G Cheese Ravioli	Chicken Fajita	Tuna salad	BBQ chicken bites	Beef Hamburger Patty
	<b>Pasta, Rice/ Grain/ bread</b>	<b>1/4 C</b>	cooked with tomato sauce	W/G roll	Pita bread	Brown rice	1 W/G Bun
	<b>Vegetable</b>	<b>1/2-Oz eq</b>					
	<b>Vegetable</b>	<b>1/8 C</b>	Steamed corn	Sweet Peppers	Corn	Mixed vegetable	Sweet potato fries
	<b>Fruit</b>	<b>1/8 C</b>	Sliced green apple	Sliced green pear	Peach cup	Sliced red apple	Diced cantaloupe
	<b>Milk*</b>	<b>1/2 C</b>	1% milk	1% milk	1% milk	1% milk	1% milk
	# of Child						
# of Adult							
<b>Snack</b>	<b>Fruit Juice</b>	<b>4 oz</b>	100% Fruit Punch Juice	100% Grape Juice	100% Apple Juice	100% Orange Juice	100% Orange/ pineapple Juice
	<b>Grain</b>	<b>1/2-Oz eq</b>	W/G Ritz cracker	W/G Chees itz	W/G graham crackers	Individual Blueberry yogurt water from class	W/G goldfish cracker
	<b>Yogurt</b>	<b>4 oz</b>					
	# of Child						
	# of Adult						

<b>Comments/ Suggestions from Parents/ Teachers</b>	<b>Comentarios/Sugerencias de los Padres/Maestro</b>

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer." Menu Approved by: Kimberly Castro

\*Children between 12- 23 months -½ Cup Whole Milk \* **Choking Hazard Note:** All Meat, vegetable + fruit are to be cut into ¼ of an inch pieces. Seeds are removed from fruit. No grapes, no raisins are permitted

<b>W3</b>	<b>Meal Serving Sizes</b>		<b>21-Mon</b>	<b>22-Tues</b>	<b>23-Wed</b>	<b>24-Thurs</b>	<b>25-Fri</b>
<b>Breakfast</b>	<b>Fruit</b>	<b>1/4 C</b>	Diced cantaloupe	Diced honeydew	Pineapple cup	Banana	Applesauce
	<b>Cereal</b>	<b>3/4 C</b>	Cheerios	Oatmeal	W/G muffin	Crispex	French Toast
	<b>Grain</b>	<b>1/2-Oz eq</b>					
	<b>Milk*</b>	<b>1/2 C</b>	1% milk	1% milk	1% milk	1% milk	1% milk
		# of Child					
	# of Adult						
<b>Lunch</b>	<b>Meat/Meat Alt</b>	<b>1-Oz</b>	Cheesy pizza with	Meatloaf	Ground turkey	w/g breaded chicken patty	Red beans
	<b>Pasta, Rice/ Grain/ bread</b>	<b>1/4 C</b>					
	<b>Vegetable</b>	<b>1/8 C</b>	Broccoli	Mashed potato	String beans	Sliced cucumber	Diced Carrots
	<b>Fruit</b>	<b>1/8 C</b>	Sliced golden apple	Sliced brown pear	Sliced green pear	Sliced red apple	Diced watermelon
	<b>Milk*</b>	<b>1/2 C</b>	1% milk	1% milk	1% milk	1% milk	1% milk
		# of Child					
		# of Adult					
<b>Snack</b>	<b>Fruit Juice</b>	<b>4 oz</b>	100% Fruit Punch Juice	100% Grape Juice	100% Apple Juice	100% Orange Juice	100% Orange/ pineapple Juice
	<b>Grain</b>	<b>1/2-Oz eq</b>	W/G Cheez-its	W/G Wheat thins	W/G Ritz Cracker	W/G animal crackers	Individual Blueberry yogurt
	<b>Yogurt</b>	<b>4 oz</b>					
		# of Child					
		# of Adult					

<b>Comments/ Suggestions from Parents/ Teachers</b>	<b>Comentarios/Sugerencias de los Padres/Maestro</b>

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer." Menu Approved by: Kimberly Castro

\*Children between 12- 23 months -½ Cup Whole Milk \* **Choking Hazard Note:** All Meat, vegetable + fruit are to be cut into ¼ of an inch pieces. Seeds are removed from fruit. No grapes, no raisins are permitted

<b>W4</b>	<b>Meal Serving Sizes</b>		<b>28-Mon</b>	<b>29-Tues</b>	<b>30- Wed</b>			
<b>Breakfast</b>	<b>Fruit</b>	<b>1/4 C</b>	Diced seedless watermelon	Banana	Diced cantaloupe	Banana	Applesauce	
	<b>Cereal</b>	<b>3/4 C</b>	Kix	W/G muffin	Rice Krispies	Cheerios	W/G waffles	
	<b>Grain</b>	<b>1/2-Oz eq</b>						
	<b>Milk*</b>	<b>1/2 C</b>	1% milk	1% milk	1% milk	1% milk	1% milk	1% milk
			# of Child					
			# of Adult					
<b>Lunch</b>	<b>Meat/Meat Alt</b>	<b>1-Oz</b>	Fish Sticks	<b>Baked ziti:</b> Mozzarella cheese and ricotta W/G Ziti pasta cooked with tomato sauce	Chicken Teriyaki bites	Veggie Burger	Beef Taco Meat	
	<b>Pasta, Rice/</b>	<b>1/4 C</b>						
	<b>Grain/ bread</b>	<b>1/2-Oz eq</b>	Half W/G pita	String beans	Brown rice	W/G Bun	W/G brown rice	
	<b>Vegetable</b>	<b>1/8 C</b>	Sliced cucumber	Steamed corn	String beans	Diced carrots	Corn	
	<b>Fruit</b>	<b>1/8 C</b>	Diced cantaloupe	Sliced red apple	Sliced brown pear	Diced watermelon	Sliced green apple	
	<b>Milk*</b>	<b>1/2 C</b>	1% milk	1% milk	1% milk	1% milk	1% milk	
			# of Child					
			# of Adult					
<b>Snack</b>	<b>Fruit Juice</b>	<b>4 oz</b>	100% Orange Juice	100% Grape Juice	100% Orange Juice	100% Fruit Punch Juice	100% Apple Juice	
	<b>Grain</b>	<b>1/2-Oz eq</b>	Individual Peach yogurt water from class	W/G graham cracker	W/G cheez its	W/G Wheat thins	W/G Ritz Cracker	
	<b>Yogurt</b>	<b>4 oz</b>						
			# of Child					
			# of Adult					

<b>Comments/ Suggestions from Parents/ Teachers</b>	<b>Comentarios/Sugerencias de los Padres/Maestro</b>

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer." Menu Approved by: Kimberly Castro