

## Week 1

Type	Component	Minimum Serving			11/28/2022	11/29/2022	11/30/2022	12/1/2022	12/2/2022
		1&2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	
Breakfast									
	Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
	Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 cup	oranges	apple slices	apricots	applesauce	bananas
	Grains/Breads/Dry Cereal/Meat Alternative	1/2 oz.	1/2 oz.	1 oz.	cereal	Waffles	Toast/egg patty	pancakes	cereal
				Chicken & Rice	Sloppy Joes	Tatertot Casserole	Tacos	Ham & Cheese	
Lunch	Meat/Meat Alternative	1 oz.	1 1/2 oz.	2 oz.	chicken	gr. meat	gr. Turkey	Turkey	ham & Cheese
	Grains/Breads/Pasts/Noodles	1/2 oz.	1/2 oz.	1 oz.	brown rice	Buns-wg	tater tots	tortilla shells	crackers
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Pineapple	peaches	pears	fresh fruit
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	corn	green beans	lettuce	fresh carrots
	Milk/Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
							Parfait		
Snack	Milk, Fluid	1/2 cup	1/2 cup	1 cup	juice		Water	Water	Juice
	Fruit	1/2 cup	1/2 cup	3/4 cup			Fresh Fruit	Mixed Berries	
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads/Dry Cereal	1/2 oz.	1/2 oz.	1 oz.	rice cakes	Graham Crackers	Trail Mix	Granola	Goldfish Crackers
	Meat/ Meat Alternative	1/2 oz.	1/2 oz.	1 oz.				Yogurt	
WG= Whole Grain									
F.F.= Fresh Fruit, F.V.= Fresh Vegetable									
CN= Child Nutrition Label									

## Week 2

Type	Component	Minimum Serving			11/7/2022	11/8/2022	11/9/2022	11/10/2022	11/11/2022
		1&2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
	Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 cup	apples	Tropical Fruit	Pears	Oranges	Fresh Banana
	Grains/Breads/Dry Cereal/Meat Alternative	1/2 oz.	1/2 oz.	1 oz.	Life Cereal-WG	biscuits	Waffles	Toast-WG	Cheerios-WG
					Chicken Pot Pie	Fast Lasagna Casserole	Hamburger	Chicken Nuggets	Turkey & Cheese
Lunch	Meat/Meat Alternative	1 oz.	1 1/2 oz.	2 oz.	chicken	gr. turkey	burger patty		Cheese
	Grains/Breads/Pasta/Noodles	1/2 oz.	1/2 oz.	1 oz.	noodles or biscuits	noodles	Bun-wg	cheesy rice	Crackers
	Fruit	1/8 cup	1/4 cup	1/4 cup	Apricots	Peaches	Mandarin Oranges	Mixed Fruit	apple slices
	Vegetable	1/8 cup	1/4 cup	1/2 cup	carrots/peas in pot pie	corn	Sweet Potato Fries	Green beans	Cucumber Slices
	Milk/Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
Snack	Milk, Fluid	1/2 cup	1/2 cup	1 cup	Water	milk	water	Juice	milk
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads/Dry Cereal	1/2 oz.	1/2 oz.	1 oz.	Round Crackers	graham crackers	pretzels	cheese crackers	animal crackers
	Meat/Meat Alternative	1/2 oz.	1/2 oz.	1 oz.	Cheese		cheese sticks		
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### Week 3

Type	Component	Minimum Serving			11/14/2022	11/15/2022	11/16/2022	11/17/2022	11/18/2022
		1&2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
	Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 cup	oranges	Applesauce	Peaches	Apple Slices	Banana
	Grains/Breads/Dry Cereal/Meat Alternative	1/2 oz.	1/2 oz.	1 oz.	Cereal	apple muffins	Toast-WG	Pancakes--WG	Cereal
					Egg McMuffin	Meatballs & Gravy	Chicken Quesadilla	Grilled Cheese	Ham & Cheese
Lunch	Meat/Meat Alternative	1 oz.	1 1/2 oz.	2 oz.	egg patty	meatballs	shredded Chicken	cheese	Ham & Cheese
	Grains/Breads/Pasts/Noodles	1/2 oz.	1/2 oz.	1 oz.	WG-English Muffin	bread & butter	tortilla-WG	bread--wg	round crackers-wg
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mixed Fruit	Peaches	Mandarin Oranges	pineapple	carrots
	Vegetable	1/8 cup	1/4 cup	1/2 cup	broccoli	mashed potatoes	peas	tomato soup	cucumbers
	Milk/Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
Snack	Milk, Fluid	1/2 cup	1/2 cup	1 cup	juice	milk	juice	Milk	water
	Fruit	1/2 cup	1/2 cup	3/4 cup					fresh fruits
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads/Dry Cereal	1/2 oz.	1/2 oz.	1 oz.	mini bagel w/cream cheese	graham crackers	Goldfish	Animal Crackers	Chex mix
	Meat/ Meat Alternative	1/2 oz.	1/2 oz.	1 oz.					
WG= Whole Grain									
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CN= Child Nutrition Label									

## Week 4

Type	Component	Minimum Serving			11/21/2022	11/22/2022	11/23/2022	CLOSED	CLOSED
Breakfast		1&2 years	3-5 years	6-12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, Fluid	1/2 cup	3/4 cup	1 cup	Milk(Whole=12-24 mo.) Milk (Low fat=24mo & up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
	Juice, Fruit, or Vegetable	1/4 cup	1/2 cup	1/2 cup	Mandarin Oranges	apples	Orange Slices	tropical fruit	Fresh Banana
	Grains/Breads/Dry Cereal/Meat Alternative	1/2 oz.	1/2 oz.	1 oz.	cereal	waffles	apple muffins	Biscuit-WG	Cereal
				Pancakes & Eggs	chicken nuggets	Chicken & Gravy		Pizza	
Lunch	Meat/Meat Alternative	1 oz.	1 1/2 oz.	2 oz.	eggs	nuggets	chicken		cottage cheese
	Grains/Breads/Pasta/Noodles	1/2 oz.	1/2 oz.	1 oz.	pancakes	bread & butter	bread & butter		
	Fruit	1/8 cup	1/4 cup	1/4 cup	applesauce	Pineapple	Peaches		Fresh fruit
	Vegetable	1/8 cup	1/4 cup	1/2 cup	carrots	corn	mashed potatoes	green beans	Fresh Veggies
	Milk/Fluid	1/2 cup	3/4 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)
Snack	Milk, Fluid	1/2 cup	1/2 cup	1 cup	Milk (Whole = 12-24 mo.) Milk (Low fat=24mo.&up)	juice	Water	juice	water
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads/Dry Cereal	1/2 oz.	1/2 oz.	1 oz.	Graham Crackers	soft pretzel	Wheat Crackers	Cheese Crackers	pretzel thins
	Meat/ Meat Alternative	1/2 oz.	1/2 oz.	1 oz.			Cheese		cheese sticks
WG= Whole Grain									
F.F.= Fresh Fruit, F.V.= Fresh Vegetable									
CN= Child Nutrition Label									