



Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast must have 3 components	Rice Chex (G) 100% Orange or Apple Juice (F) Milk (D)	Biscuits (G) & Gravy 100% Orange or Apple Juice (F) Milk (D)	Corn Chex (G) 100% Orange or Apple Juice (F) Milk (D)	Bagels/Toast (G) 100% Orange or Apple Juice (F) Milk (D)	Rice Krispies (G) 100% Orange or Apple Juice (F) Milk (D)
AM Snack	Pretzels Water	Crackers Water	Animal Crackers Water	Grahams Water	Crackers Water
Lunch must have 5 components	Twos, PreK, SA	Twos, PreK, SA	Twos, PreK, SA	Twos, PreK, SA	Twos, PreK, SA
	Chicken/Turkey WGR Corn Dogs(P)(G) Corn (V) Mandarin Oranges (F) Milk (D) *CN	Beef Tacos(P) Cheese Fries(V) Peaches (F) WGR Taco Shell (G) Milk (D)	Ravioli (P) WGR Bread(G) Green Beans(V) Pineapple (F) Milk (D) *CN	Bar'B'Q (P) WGR Bun (G) Baked Beans (V) Pears (F) Milk (D)	WGR Chicken Nuggets (P)(G) Peas & Carrots (V) Applesauce (F) Milk (D) *CN
	Infants & Toddlers	Infants & Toddlers	Infants & Toddlers	Infants & Toddlers	Infants & Toddlers
	Mac & Cheese Bites(P)(G) Creamed Corn (V) Mandarin Oranges (F) Milk (D) *CN	Beef Tacos(P) Cheese Fries(V) Peaches (F) WGR Bread (G) Milk (D)	Ravioli (P) WGR Bread(G) Green Beans(V) Pineapple (F) Milk (D) *CN	Bar'B'Q (P) WGR Bun (G) Baked Beans (V) Pears (F) Milk (D)	WGR Chicken Nuggets (P)(G) Peas & Carrots (V) Applesauce (F) Milk (D) *CN
PM Snack must have 2 components	Cucumbers/Ranch Dressing(V) WGR Crackers(G) Milk (D) (Toddlers)	WGR Crackers(Infants only) Corn Chips (G) Milk (D)	String Cheese (P) Crackers (G)	WGR Crackers(G) Milk (D)	WGR Grahams (G) Milk (D)

Meal Component Details: (P)-Protein, (V)-Vegetable, (D)-Dairy, (G)-Grain, (F)-Fruit

** For Kitchen use only*

Water is suggested as a beverage for all snacks even when other beverages are offered. Whole grains are substituted for as many grains/breading products as possible. Children age 1 to 2 are served unflavored whole milk. Children ages 2 and up are served unflavored 1% milk.