



	Age 1-2		Age 3-5			Age 1-2		Age 3-5			Age 1-2		Age 3-5	
	Breakfast				Lunch				Snack					
Milk	½ cup	¾ cup			Milk	½ cup	¾ cup			Milk	½ cup	½ cup		
Fruit	¼ cup	½ cup			Fruit	1/8 cup	¼ cup			Fruit	½ cup	½ cup		
Grains	½ oz eq	½ oz eq			Veggie	1/8 cup	¼ cup			Grain	½ oz eq	½ oz eq		
					Grains	½ oz eq	½ oz eq			Meat	½ oz	½ oz		
					Meat	1 oz	1 ½ oz			Veggie	½ cup	½ cup		

Monthly Menu Planner (Milk is served with every meal)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast:</p> <p>Lunch:</p> <p>Snack:</p>	<p>Breakfast: Mini Wheats WG, 1%, Whole Milk, Banana</p> <p>Lunch: Taco Tuesday (Ground Turkey, cheese, Enriched Tortilla, lettuce, cabbage, carrots, tomatoes, chiles, onions) Chips (Enriched tortilla WG chips/Salsa, Fresh fruit & 1%, Whole milk)</p> <p>Snack: Pineapples, Apples, Oranges, Pears, 3/1/22</p>	<p>Breakfast: Sausage Pattie w/ apple slices, 1% milk</p> <p>Lunch: Chili Mac (Ground Turkey, enriched WG pasta, tomatoes, onions, bell peppers, kidney beans, cheeses(dairy), Spices) Coleslaw (Cabbage, carrots, House dressing, mayo, sour cream, organic maple syrup, red wine vinegar, spices, fresh fruit, 1%, whole milk)</p> <p>Snack: Hummus Tray w/ veggies 3/2/22</p>	<p>Breakfast: WG Banana Muffin, Yogurt, Strawberries, 1%, Whole Milk</p> <p>Lunch: Lemon Chicken(chicken breast, lemons, mushrooms, chicken stock) Broccoli, Fresh fruit & 1%, Whole milk</p> <p>Snack: Ants on Log (Celery, Wow butter and raisins) 3/3/22</p>	<p>Breakfast: Yogurt, Blueberries, WG Toast, 1%, Whole Milk</p> <p>Lunch: Flat Bread Pizza (Enriched crust WG, cheese, turkey pepperoni, alfredo sauce) w/Veggie Salad, Fresh fruit & 1% Whole,milk</p> <p>Snack: Fruit Salad 3/4/22</p>
<p>Breakfast: WG Bagel w/cream cheese, Peaches, 1% Milk</p> <p>Lunch: Baked Spaghetti (Ground Turkey & WG pasta, Turkey pepperoni, tomatoes, bell peppers, cheeses) w/ Coleslaw (Cabbage, carrots, house dressing)</p> <p>Snack: Homemade Apple Sauce w/ Graham Crackers 3/7/22</p>	<p>Breakfast: Honey bunches of oat, 1% Milk, Banana</p> <p>Lunch: Taco Tuesday (Ground Turkey, cheese, Enriched Tortilla, lettuce, cabbage, carrots, tomatoes, chiles, onions) Chips (Enriched tortilla WG chips/Salsa, Fresh fruit & 1%, Whole milk)</p> <p>Snack: Enriched Tortillas chips & Salsa 3/8/22</p>	<p>Breakfast: Blueberries, Yogurt, granola, 1%, Whole milk</p> <p>Lunch: Chicken potpie (Chicken, carrots, peas, enriched WG crust, milk, parmesan cheese) Potatoes, Fresh fruit, 1%, whole milk</p> <p>Snack: Cheese & Crackers 3/9/22</p>	<p>Breakfast: WG Blueberry Muffin, Yogurt, Pineapples, 1%, Whole Milk</p> <p>Lunch: Stuffed pepper soup (Ground turkey, bell peppers, tomatoes, rice, vegetable broth, onions, garlic, parsley, mozzarella cheese) w enriched WG bread, fresh fruit, 1%, whole milk</p> <p>Snack: Grahams & Wow Butter w/ Fresh Fruit 3/10/22</p>	<p>Breakfast: Apple Slices w/ Peanut Butter, 1%, Whole Milk</p> <p>Lunch: Turkey Pepperoni Pizza(WG enriched crust Turkey pepperoni), Garden Salad (Mixed greens, Spinach, Green Cabbage, Carrots, Cucumber) Fresh fruit & 1%, Whole milk</p> <p>Snack: Tortilla Chips & Salsa 3/11/22</p>
<p>Breakfast: WG English Muffin, Strawberries, 1%, Whole Milk</p> <p>Lunch: Chicken Fajitas (Chicken breast, bell peppers, red onions, spices) Enriched WG rice, tomatoes, onions, Fresh fruit, 1%, whole milk.</p> <p>Snack: WW Bread served with Strawberry Jelly and WOW butter 3/14/22</p>	<p>Breakfast: Wheat Chex cereal, 1%, Whole Milk, Banana</p> <p>Lunch: Taco Tuesday (Ground Turkey, cheese, Enriched Tortilla, lettuce, cabbage, carrots, tomatoes, chiles, onions) Chips (Enriched tortilla WG chips/Salsa, Fresh fruit & 1%, Whole milk)</p> <p>Snack: Pineapples, Apples, Oranges, Pears, Pretzels 3/15/22</p>	<p>Breakfast: Sausage Pattie w/ apple slices, 1%, Whole milk</p> <p>Lunch: Shepherd's Pie (Ground Turkey, Potatoes, Carrots, Peas, Green Beans, Onions served w/ a Slice of WG Bread, Fresh fruit & 1%, Whole milk)</p> <p>Snack: Hummus w/ Zucchini, Carrots, Cauliflower, Bell pepper 3/16/22</p>	<p>Breakfast: WG Banana Muffin, Yogurt, Strawberries, 1%, Whole Milk</p> <p>Lunch: Chicken (Breast & Thighs) WW Bun, Sweet potatoes casserole(Sweet potatoes, eggs, brown sugar, butter, spices), fresh fruit, 1%, whole milk</p> <p>Snack: Ants on Log (Celery, Wow butter and raisins) 3/17/22</p>	<p>Breakfast: Yogurt, Blueberries, WG Toast, 1%, Whole Milk</p> <p>Lunch: Cheeseburger pizza (Enriched crust WG, Ground Turkey, cheeses, pickles), Coleslaw (Cabbage, carrots, house dressing) Fresh fruit & 1%, Whole milk</p> <p>Snack: Fruit Salad 3/18/22</p>
<p>Breakfast: WG Bagel w/cream cheese, Peaches, 1%, Whole Milk</p> <p>Lunch: Chicken Parmesan (Chicken, tomatoes, enriched pasta, cheeses, egg, spices) Broccoli, Fresh fruit & 1%, Whole milk</p> <p>Snack: Homemade Apple Sauce w/ Graham Cracker 3/21/22</p>	<p>Breakfast: Mini Wheats WG, 1%, Whole Milk, Banana</p> <p>Lunch Taco Tuesday (Ground Turkey, cheese, Enriched Tortilla, lettuce, cabbage, carrots, tomatoes, chiles, onions) Chips (Enriched tortilla chips/Salsa, Fresh fruit & 1%, Whole milk)</p> <p>Snack: Enriched Tortillas chips & Salsa 3/22/22</p>	<p>Breakfast: : Blueberries, Yogurt, granola, 1%, Whole milk</p> <p>Lunch: Turkey Sliders (Ground Turkey, Cheese, served w/ WG Bun) Broccoli Casserole (Broccoli, Quinoa, cheese, butter, breadcrumbs)</p> <p>Snack: Cheese & Crackers 3/23/22</p>	<p>Breakfast: WG Blueberry Muffin, Yogurt, Pineapples, 1%, Whole Milk</p> <p>Lunch: : Chicken & Noodles (Roasted chicken, enriched noodles, organic carrots, celery, onions, Spinach) Sweet peas, Fresh fruit & 1%, Whole milk</p> <p>Snack: Grahams & Wow Butter w/ Fresh Fruit 3/24/22</p>	<p>Breakfast: Yogurt, Blueberries, WG English Muffin, 1%, Whole Milk</p> <p>Lunch: Turkey Pepperoni Pizza(WG Enriched crust, Turkey pepperoni), Garden Salad (Mixed greens, Spinach, Green Cabbage, Carrots, Cucumber) Fresh fruit & 1%, Whole milk</p> <p>Snack: Tortilla Chips & Salsa 3/25/22</p>