

October 2 - 6, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Milk	100% Fruit Juice	Milk	Milk	Milk
SNACK	Rice Krispies Cereal Orange Slices (F)	Oatmeal Toast	Biscuit Chicken Patty	Pancakes Sausage Links	Yogurt Strawberries
Age Appropriate Sub					
LUNCH	Milk Beef-A-Roni Green Beans (FZ) Diced Pears	Milk Beef Gravy w/Rice Steamed Corn (FZ) Sliced Peaches	Milk Baked Fish Sticks Mashed Potatoes Apple Slices (F) Roll	Milk Chicken Alfredo Steamed Mixed Vegetables (FZ) Mandarin Oranges	Milk Turkey & Cheese Wrap Baby Carrots w/Ranch Mixed Fruit
Vegetarian Option	Marinara over Noodles	Rice w/Cheese	Veggie Sticks	Alfredo Noodles	Cheese Wrap
Age Appropriate Sub					Steamed Carrots (FZ)
PM	100% Fruit Juice	Milk	Water	100% Fruit Juice	Water
SNACK	Goldfish	Gingerbread Muffin	Ritz Crackers Raisins	Graham Crackers Soy Butter	Cheese Slice Club Crackers
Age Appropriate Sub					

(F)=Fresh fruit or Vegetable
(FZ)=Frozen

Water is available to children throughout the day and at all meals and snacks when desired.

All juice served is 100% fruit-juice.

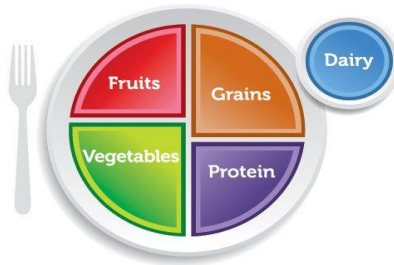
Children age 12-24 months are served whole milk.

Children 24 months of age and older are served 1% milk.

Seconds will be served upon child's request.

Half Day students will be served Pm Snack at 10:45 a.m.

This Seasonal Menu is subject to change. All changes are posted.



Lunch Serving Size

Meat or Meat Alternative

1 oz. (1-2 yr): 1-1/2 oz. (3-5 yr): 2 oz. (6-12 yr)

Vegetables

1/8 cup (1-2 yr): 1/4 cup (3-5 yr): 1/2 cup (6-12 yr)

Fruit

1/8 cup (1-2 yr): 1/4 cup (3-5 yr): 1/4 cup (6-12 yr)

Whole Grain

1/2 serving or 1/4 cup (1-5 yr): 1 serving or 1/2 cup (6-12 yr)

Skim or 1% Milk

4 oz. (1-2 yr): 6 oz. (3-5 yr): 8 oz. (6-12 yr)