

October 30 - November 3, 2017

|                            | Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|----------------------------|--|--|--|---|--|
| <b>AM</b>                  | Milk   | Milk   | Milk   | Milk  | Milk   |
| <b>SNACK</b>               | Cheerios<br>Orange Slices (F)                          | Pancakes<br>Sausage Links                                  | Biscuit<br>Turkey Bacon  | Cream of Wheat<br>Toast   | Blueberry Muffin<br>Cheese Slices                            |
| <b>Age Appropriate Sub</b> |  |  |  |   |  |
| <b>LUNCH</b>               | Milk<br>Beef-A-Roni<br>Green Beans (FZ)<br>Diced Pears | Milk<br>Cheese Pizza<br>Steamed Corn (FZ)<br>Diced Peaches | Milk<br>Macaroni and Cheese w/Turkey<br>Steamed Mixed Vegetables (FZ)<br>Fresh Oranges | Milk<br>Chicken Alfredo<br>Steamed Green Peas (FZ)<br>Pineapple Tidbits | Milk<br>Turkey & Cheese Wraps<br>Carrots (FZ)<br>Mixed Fruit |
| <b>Vegetarian Option</b>   | Marinara over Noodles<br>w/Cheese                      |  | Veggie Sticks  | Alfredo Noodles   | Grilled Cheese Sandwich                                      |
| <b>Age Appropriate Sub</b> |  |  |  |   |  |
| <b>PM</b>                  | 100% Fruit Juice                                       | 100% Fruit Juice   | Water  | 100% Fruit Juice  | Water  |
| <b>SNACK</b>               | Goldfish   | Graham Crackers  | Ritz Crackers<br>Cheese Slice  | Breadsticks<br>Marinara Sauce   | Soy Butter<br>Crackers                                       |
| <b>Age Appropriate Sub</b> |  |  |  |   |  |

(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.\*

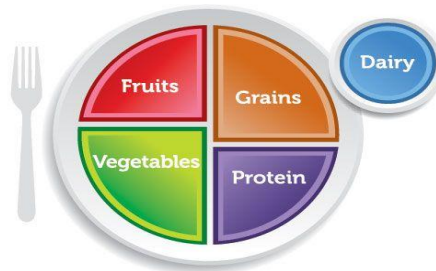
\*Children age 12-24 months are served whole milk.\*

\*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)