

October 16 - 20, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>AM</b>	Milk	Milk	100% Fruit Juice	100% Fruit Juice	Milk
<b>SNACK</b>	Cereal Fruit	Pancakes Turkey Bacon	Bagel/Biscuit Orange Slices (F)	Grits Toast w/Jelly	Cheese Toast Applesauce
<b>Age Appropriate Sub</b>					
<b>LUNCH</b>	Milk Cheeseburger French Fries Mandarin Oranges	Milk Beef-A-Roni Steamed Corn (FZ) Mixed Fruit	Milk Macaroni & Cheese w/Turkey Green Beans (FZ) Peaches	Milk Chicken & Rice Steamed Green Peas (FZ) Pineapple Tidbits	Milk Turkey & Cheese Sandwich Fresh Carrots Pears
<b>Vegetarian Option</b>	Veggie Patty	Marinara over Noodles	Macaroni and Cheese	Cheesy Rice	Grilled Cheese Sandwich
<b>Age Appropriate Sub</b>					Cooked Carrots
<b>PM</b>	100% Fruit Juice Goldfish	100% Fruit Juice Graham Crackers	Milk Cinnamon Bread Sticks	Milk Corn Muffins	Water Cheese Slice Crackers
<b>SNACK</b>					
<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.\*

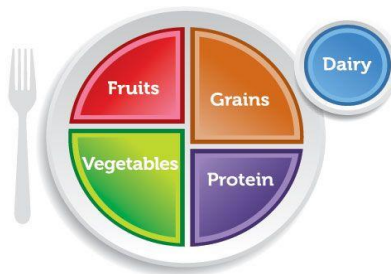
\*Children age 12-24 months are served whole milk.\*

\*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)