

October 9 - 13, 2017

|                            | Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|----------------------------|---|---|---|---|--|
| <b>AM</b>                  | Milk  | Milk  | Milk  | Milk  | Milk   |
| <b>SNACK</b>               | Rice Krispies<br>Apple Slices (F)                             | Cream of Wheat<br>Cinnamon Toast                                  | Cheese Biscuit  | Grits<br>Sausage  | Waffles<br>Apple Slices (F)                                      |
| <b>Age Appropriate Sub</b> |   |   |   |   |  |
| <b>LUNCH</b>               | Milk<br>Grilled Cheese Sandwich<br>Tomato Soup<br>Diced Pears | Milk<br>Spaghetti w/Beef<br>Steamed Green Peas (FZ)<br>Applesauce | Milk<br>Alfredo Bowtie w/Meatballs<br>Green Beans (FZ)<br>Pineapple | Milk<br>Chicken Soft Tacos w/Lettuce/Cheese<br>Pinto Beans<br>Mixed Fruit | Milk<br>Cheese Pizza<br>Whole Kernel Corn (FZ)<br>Sliced Peaches |
| <b>Vegetarian Option</b>   |   | Marinara Spaghetti w/Cheese                                       | Alfredo Noodles   | Lettuce & Cheese Soft Tacos   |  |
| <b>Age Appropriate Sub</b> | Mixed Vegetables  |   |   |   |  |
| <b>PM</b>                  | 100% Fruit Juice  | Water   | Water   | 100% Fruit Juice  | 100% Fruit Juice   |
| <b>SNACK</b>               | Club Crackers   | Cheese Slice<br>Ritz  | Baby Carrots w/Ranch<br>Pita Bread                                  | Cheez It's  | Trail Mix  |
| <b>Age Appropriate Sub</b> |   |   | 100% Fruit Juice  |   |  |

(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.\*

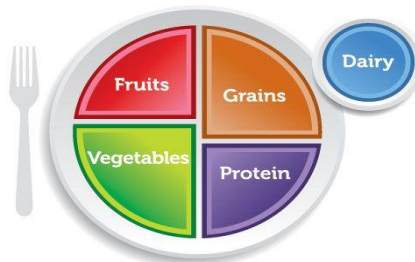
\*Children age 12-24 months are served whole milk.\*

\*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)