

Original Parent Menu June 2023

Week 1	B: milk, Kix cereal (WG), applesauce	B: milk, apple cinnamon muffins, pears	B: milk, banana bread, oranges	B: milk, american cheese toast (WG), banana	B: milk, waffles, pineapple
	L: milk, HM sloppy joes w/ground beef, hamburger bun (WG), potato wedges, strawberries	L: milk, hummus, pita bread (WG), cucumber, grapes	L: milk, kidney bean chili, brown rice (WG), green beans, mixed fruit	L: milk, ground beef/ shredded cheddar cheese taco shell, lettuce/ tomato (*sweet potato), peaches	L: milk, turkey corn dogs (CN), cauliflower, pumpkin
	S: breadstick, milk	S: yogurt, Teddy grahams	S: chicken biscuit crackers, milk	S: graham crackers, applesauce	S: Swirl cinnamon bread, white grape juice
Week 2	B: milk, chex cereal (WG), melon	B: milk, blueberry muffin, oranges	B: milk, croisant, turkey sausage, pineapple	B: milk, bagel w/ strawberry cream cheese, banana	B: milk, toast (WG), yogurt, strawberries
	L: milk, hamburger patty, hamburger bun (WG), tater tots, pears	L: milk, ground turkey, noodle spaghetti (WG), butternut squash, raspberries	L: milk, fajita chicken, tortilla (WG), sweet potatoes, grapes	L: milk, mozzarella cheese English muffin (WG) pizza, corn (*cooked carrots), mixed fruit	L: milk, kidney bean stew, saltine crackers, green beans/ potatoes/ carrots, raisins/ blueberries
	S: cheddar cheese stick, Annie's cheddar bunny crackers (WG)	S: waffles, banana	S: rice cake, apples	S: cereal (WG)/ cracker (WG) trail mix, grape juice	S: sweet potato fries, milk
Week 3	B: milk, cheerios cereal (WG), grapes	B: milk, English muffin (WG) w/ jelly, mixed fruit	B: milk, biscuit, scrambled egg, applesauce	B: milk, French toast, banana	B: milk, pancakes, pears
	L: milk, deli turkey, French bread, avocado/ tomato (*sweet potatoes), strawberries	L: milk, grilled colby cheese sandwich (WG), tomato soup, pineapple	L: milk, black beans, brown rice (WG), mixed vegetables, peaches	L: milk, HM beef meatballs, sliced bread (WG), green beans, apples	L: milk, chicken nuggets (CN), ritz (WG), mashed potatoes, mixed fruit
	S: breadstick, applesauce	S: yogurt, kix cereal (WG)	S: goldfish, milk	S: white cheddar cheez-it crackers, apple juice	S: mozzarella cheese stick, sunchips (WG)
Week 4	B: milk, frosted mini wheats (WG), grapes	B: milk, oatmeal (WG), peaches	B: milk, strawberry cheesecake muffin, mixed fruit	B: milk, toast (WG), turkey sausage, oranges	B: milk, graham crackers, yogurt, raisins/ apples
	L: milk, chicken, egg noodles (WG), cucumbers, pears	L: milk, turkey hotdog, macaroni & cheese, green peas, pineapple	L: milk, ground beef/ cheddar cheese tortilla (WG) tacos, broccoli, strawberries	L: milk, fish sticks (CN), HM corn bread, blackeye peas, mixed fruit	L: milk, American cheese, Ritz toasted crisp, carrots, blueberries
	S: colored goldfish crackers, banana	S: oyster crackers, applesauce	S: mozzarella cheese English muffin (WG) pizza	S: animal crackers, milk	S: chex cheddar mix (WG), grape juice
Week 5	B: milk, rice krispies, banana	B: milk, Swirl cinnamon bread, melon	B: milk, blueberry cheesecake muffin, apples	B: milk, French toast, kiwi/ pineapple	B: milk, scrambled eggs, peaches
	L: milk, hamburger w/ thin bun (WG), tomato/ cucumber salad, blackberries	L: milk, chicken/ cheddar cheese quesadilla (WG), mixed vegetables, pears	L: milk, noodle spaghetti (WG), turkey meatball sauce, avocado, mixed fruit	L: milk, barbecue chicken, sliced bread (WG), asparagus, raspberries	L: milk, deli turkey, roll, mashed potatoes, oranges
	S: potato wedges, applesauce	S: garlic bread, milk	S: sunchips (WG), mozzarella cheese stick	S: strawberries, yogurt	S: cheese lasagna (WG), white grape juice

In the event of food allergies, religious beliefs, or parent preference, a substitution will be provided. Soy milk and Lactaid milk are approved milk substitutions. One year olds receive whole milk once weaned from formula or breastmilk; two-5 year olds receive 1% milk; 6 years and up receive fat free milk. *Substitutions made for older infants & younger toddlers. Notes: Canned fruits are cooked in natural juices or water. All juice is 100%. Water is available for all meals and between meals. Grains are measured in ounces. Meat substitutions: cheese, soy butter, baked beans, lima beans, peas, yogurt, eggs, other beans/peas, and other approved meat substitutions. Substitutions will be notated on individual child menu as needed. 1 bread per day must meet whole wheat/grain requirement. Cereal & yogurt must meet food program sugar limit.