




Week 2 – IT	(Age) 1-2	(Age) 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Grains/Bread or Cold Dry Cereal or Cooked Cereal	½ cup ¼ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	¾ cup ½ cup ½ slice (or ½ serving) ¼ cup (or 1/3 oz) ¼ cup	8 Milk Yogurt Apple Slices WG Slice of Toast <i>granola</i> <i>fruit spread</i>	9 Milk Banana French Toast Sticks <i>low sugar syrup</i>	10 Walk to School Day Milk Orange Slices Cheerios 	11 Milk “Cheesy Toast” Scrumptious Sliced Strawberries WG Slice of Toast	12 Milk Applesauce Mini Pancakes <i>low sugar syrup</i>
Lunch ✓ Fluid Milk* ✓ Meat or Poultry or Fish or Cheese or Meat Alternate ✓ Vegetable and/or fruit (2 or more different) ✓ Grains/Bread	½ cup 1 oz ¼ cup (TOTAL) ½ slice (or ½ serving)	¾ cup 1 ½ oz ½ cup (TOTAL) ½ slice (or ½ serving)	Milk WG Zoo Crew Chicken Nugget Green Beans Peaches Brown Rice <i>ketchup or BBQ sauce</i>	Milk “Chicken Parmesan” WG Breaded Chicken Pattie Corn Pears WG Spaghetti <i>parmesan cheese</i>	Milk “Sloppy Joe” Seasoned Ground Beef Mixed Veggies Mandarin Oranges WG Bun	Milk “Chicken & Gravy” Diced Carrots Mashed Cauliflower Fruit Cocktail WG Roll	Milk Breaded Fish Sticks Peas Pineapple WG Roll <i>ketchup or tarter sauce</i>
Snack (2 of 4) ✓ Fluid Milk* ✓ Juice or Fruit or Vegetable ✓ Meat or Meat Alternate or Yogurt ✓ Grains/Bread	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	½ cup ½ cup ½ oz. 2 oz (or ¼ cup) ½ slice (or ½ serving)	Milk WG Annie’s Bunny Grahams	Milk WG Colorful Goldfish	Apple Juice WG Mini Bread Loaf	Milk Animal Crackers	Milk Pretzels

Fluid milk for children 2 years of age and older must be low-fat or fat-free

October is: Apple Month, Cranberry Month, Eat Better – Eat Together Month, Farm to School Month, & Pasta Month

Special Days in October: **10** – Walk to School **19** – Lunch Bunch Day **29** – Oatmeal Day **31** – Fall Classroom Parties

This institution is an equal opportunity provider.