

December 4 - 8, 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Milk	Milk	Milk	Milk	Milk
SNACK	Rice Krispies Apple Slices (F)	Cream of Wheat Cinnamon Toast	Blueberry Muffin Cheese Slice	Cheese Toast Applesauce	French Toast Sticks Sausage Link
Age Appropriate Sub					
LUNCH	Milk Chicken Sandwich Baked Potato Nuggets Pears	Milk Spaghetti w/Beef Steamed Green Peas (FZ) Applesauce	Milk Chicken Alfredo Green Beans (FZ) Pineapples	Milk Chicken Soft Taco w/Lettuce/Cheese Pinto Beans Mixed Fruit	Milk Baked Fish Mashed Potatoes Peaches
Vegetarian Option	Veggie Patty	Marinara Spaghetti w/Cheese	Alfredo Noodles	Lettuce & Cheese Soft Taco	Veggie Nuggets
Age Appropriate Sub					
PM	100% Fruit Juice	Water	100% Fruit Juice	100% Fruit Juice	100% Fruit Juice
SNACK	Graham Crackers Soy Butter	Ritz Cheese Slice	Pita Bread Hummus	Goldfish	Trail Mix
Age Appropriate Sub					

(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.

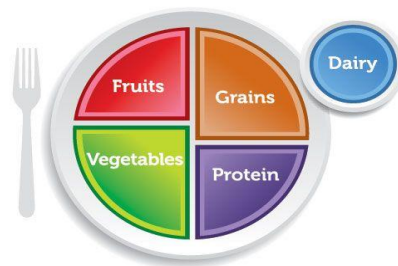
Children age 12-24 months are served whole milk.

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)