



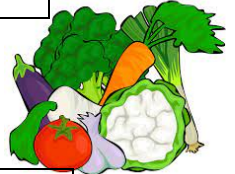
Lunch Menu

**Lunch is served at 11:30 am

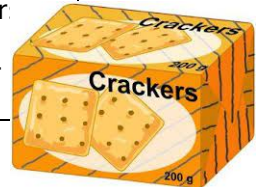
Monday	Tuesday	Wednesday	Thursday	Friday
Sunflower Butter Sandwich Fresh Vegetables Fresh Fruit Milk	Bean & Cheese Burritos Fresh Vegetables Fresh Fruit Milk	Chicken w/ Angel Hair Pasta Fresh Vegetables Fresh Fruit Milk	Spaghetti w meat sauce Fresh Vegetables Fresh Fruit Milk	Quesadillas Fresh Vegetables Fresh Fruit Milk

Breakfast / Snack Menu

**Morning snack is at 9:00 am and afternoon snack is at 3:00 pm

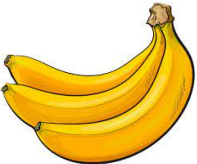


Monday	Tuesday	Wednesday	Thursday	Friday
AM Oatmeal Fruit Milk	AM Graham Crackers Fruit Milk	AM Pancakes Fruit Milk	AM Cereal Fruit Milk	AM Toast Fruit Milk
PM Cheese Its Crackers Fruit Water	PM Ritz Crackers Fruit Water	PM Graham Crackers Fruit Water	PM Goldfish Crackers Fruit Water	PM Wheat Cracker Fruit Water



USDA Daily Recommendations: found on choosemyplate.gov

Age	Fruits	Vegetables	Grain	Protein Food	Dairy
2 year olds	1 cup	1 cup	3 ounces	2 ounces	2 cups
3 year olds	1 - 1 ½ cups	1 - 1 ½ cups	3 - 5 ounces	2 - 4 ounces	2 - 2 ½ cups
4 & 5 year olds	1 - 1 ½ cups	1 ½ - 2 cups	4 - 5 ounces	3 - 5 ounces	2 ½ cups

What counts as: 	½ cup of fruit? ½ small banana ½ cup mashed, sliced or chopped fruit ½ cup 100% fruit juice 4-5 large strawberries	½ cup of veggies? ½ cup mashed, sliced, or chopped veggies 1 cup raw leafy greens ½ cup vegetable juice 1 small ear of corn
	½ cup of dairy? ½ cup milk 4 ounces yogurt ¾ ounce cheese	1 ounce of grains? 1 slice bread 1 cup ready-to-eat cereal flakes ½ cup cooked oatmeal, rice, or pasta 1 tortilla (6" across)

