

WGR – Whole Grain

WW – Whole Wheat WG – Whole Grain

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	2 (WGR) Fettuccine Alfredo With Chicken Mixed Vegetables Fruit Cocktail Milk and Water	3 Green Bean Chicken Steamed Rice Broccoli Mandarin Oranges Milk and Water V Green Bean Stir Fry	4 Sloppy Joes On a Bun (WW) Steamed Green Beans Orange Slices Milk and Water V Flat Bread & Cheese	5 (WW) Cheese Quesadillas Spanish Rice Mixed Vegetables Fruit Cocktail Milk and Water	6 (WW) Grilled Cheese Sandwich Carrots with Ranch Dressing Banana Slices Milk and Water	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	9 Spinach and Cheese Ravioli w/ Marinara Sauce Garlic Bread Pear Slices Milk and Water	10 Orange Chicken Steamed Rice Broccoli Mandarin Oranges Milk and Water V Cheesy Broccoli Rice	11 Popcorn Chicken With BBQ Dipping Sauce Corn Kernels Cornbread Sliced Apples Milk & Water	12 Chicken Taquitos Mexican Rice Steamed Mixed Vegetables Orange Slices Milk and Water V Bean and Cheese Burritos	13 Chicken Nuggets Mashed Potatoes Peas Banana Slices Milk and Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ⅓ Cup, 2 tbsp Fruit ⅓ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	16 School Closed Presidents' Day	17 Teriyaki Chicken Steamed Rice Broccoli Mandarin Oranges Milk and Water V Veggie Fried Rice	18 Chicken Tenders Mashed Potatoes Peas Bananas Milk and Water V Cheese Sandwich	19 (WW) Ben and Cheese Burritos Mexican Rice Steamed Green Beans Peach Slices Milk and Water	20 Turkey & Cheese Sandwich (WW) Carrots with Ranch Dressing Orange Slices Milk and Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
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