|  | **Breakfast 2024** |  |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Week 4 Apricot Blueberries Diced pears Hash browns Peach slices Scrambled WG Waffles Rice Krispie Turkey Sausage WG apple  Eggs Milk Cereal Milk cinnamon Milk Milk muffin  Milk |  |  |  |  | 1  | 2  |
| 3**Week 5** Peaches Grapes Blueberry Cantaloupe Mixed berries Turkey bacon Honey Bunches Oatmeal Biscuits Yogurt and egg frittata of Oats Milk Milk Milk Milk Cinnamon  Milk  | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 Bananas WG Croissant Peaches Raspberries Watermelon WG waffles egg sandwich Yogurt Frosted mini Bagels Milk Milk Milk wheat cereal Milk Milk **Week 6** | 11  | 12  | 13  | 14  | 15  | 16  |
| 17**Weed 1** Grapes Diced peaches Kiwi Berries Applesauce WG toast Scrambled WG Yogurt Pancakes Eggs Life Cereal Milk Milk Milk Milk Milk | 18  | 19  | 20  | 21 Start of Winter (Winter Solstice) | 22  | 23  |
| 24**Week 2** Banana Avocado Mixed fruit Strawberri es apple slices  WG Cheerios scrambled egg WW Toast Oatmeal Yogurt Milk Milk Turkey Bacon Milk Milk Milk  | 25 Christmas | 26  | 27  | 28  | 29  | 30  |
| 31 Banana Hash Brown Applesauce WG Waffles Starfruit WG Hardboiled Banana WG Mini pancakes Turkey Sausage egg Wheats  Milk Milk Milk Milk Milk **Week 3** |  |

**All Juice is 100% fruit Juice**

**12 months through 23 months (1 year through 1 year and 11 months) Unflavored whole milk**

**2 years through 5 years (up to 6th birthday) Unflavored fat-free (skim) milk or Unflavored low-fat (1%) milk**

**6 through 12 years, unflavored fat-free (skim) milk or flavored fat-free (skim) milk or Unflavored low-fat (1%) milk**

**Water is available to children all day and at all meals**

**WG = Whole Grain; Whole Wheat= WW item; HM = Homemade**

**Menu is subject to change`**

|  | **Lunch/Dinner 2024** |  |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Week 4 Meatball Hot turkey Chicken breast MorningStar® Tuna  Gravy sandwich WW roll Garden Veggie WG wrap Egg noodles WW bread Mashed potatoes WW Bun Tomato cucumber salad Green beans Broccoli Cherries Corn Diced mango Apples Plum Milk Watermelon Milk Milk milk Milk |  |  |  |  | 1  | 2  |
| 3 WG Pizza w/Beef Chicken Tenders WG Penne Chicken & Vegetable BBQ Ground Beef  Pepperoni Broccoli W/ W/ Chicken Alfredo Stir Fry, , & ColeSlaw  Spinach Salad Cheese Sweet Peas Brown Rice Baked Beans  W/ Creamy Melon Cubes Blueberries Peaches WG Bun Italian Dressing Milk Roll Milk Milk Apple Slices Milk  Milk **Week 5** | 4  | 5  | 6  | 7  | 8  | 9  |
| 10**Turkey & Cheese Spaghetti Chili Shredded chicken Grilled Cheese****Sandwiches cauliflower Cheese Bun WW & tomato soup****(WG bread) (WG noodle) Peas Kiwi (WG Bread)** **Red potatoes Salad Cornbread Garlic bread Brussels Sprouts** **Pineapple Clementine Milk Milk Blackberries** **Milk Milk Milk****Week 6** | 11  | 12  | 13  | 14  | 15  | 16  |
| 17 Oven-Baked Bean Burrito Sweet and Macaroni Turkey Ham  Parmesan Asparagus sour chicken and cheese & cheese in Chicken Oranges green beans Peas WG pita pocket Brussels sprouts Milk Red peppers and carrots Green salad Strawberries WG wrap Cooked rice Chicken Nuggets Sweet potato fries WG roll Milk Milk Milk  Milk **Week 1** | 18  | 19  | 20  | 21  | 22  | 23  |
| 24**Week 2** fish sticks cheese pizza Beef tips Sloppy Joes Corn on WG crust chicken chili Broccoli Peaches Blackberries Honeydew Carrot coins Plums potato wedges Buttered Zucchini Raspberries WG noodles WG bun noodles Milk WG dinner roll Milk Toasted Milk Milk Milk  | 25**Turkey & Cheese Spaghetti Chili Shredded chicken Grilled Cheese****Sandwiches cauliflower Cheese Bun WW & tomato soup****(WG bread) (WG noodle) Peas Kiwi (WG Bread)** **Red potatoes Salad Cornbread Garlic bread Brussels Sprouts** **Pineapple Clementine Milk Milk Blackberries** **Milk Milk Milk** | 26  | 27  | 28  | 29  | 30  |
| 31**Week 3** |  |

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|  | **Snack 2024** |  |
| --- | --- | --- |
| **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** | **Sat** |
| Week 4 Salsamole Hardboiled egg Cheese stick Pineapple WG Blueberry bread (salsa with Savory crackers WG melba toast Snap peas Apples avocado) Milk  WG pita chips |  |  |  |  | 1  | 2  |
| 3 Soft pretzel Yogurt with Oat Muffin Cheese Stick Hummus Snap peas Strawberries Cheese cubes WG cauliflower crackers **Week 5** | 4  | 5  | 6  | 7  | 8  | 9  |
| 10 Strawberries Rice cakes String cheese Trial Mix Strawberries  Vanilla yogurt Fruit salsad Apple Slices Grapes Pretzel Sticks Water Water Water Water Water Fresh greenWG pita bread **Week 6** | 11  | 12  | 13  | 14  | 15  | 16  |
| 17 Guacamole Cheese cubes Carrot sticks Mini Muffin Apricot halves  Tortilla chips Grapes Hummus WG Gold Fish crackers  Water Water Water Strawberries  Milk**Weed 1** | 18  | 19  | 20  | 21 Start of Winter (Winter Solstice) | 22  | 23  |
| 24 Strawberries Rice cakes String cheese Trial Mix Strawberries  Vanilla yogurt Fruit salsad Apple Slices Grapes Pretzel Sticks Water Water Water Water Water Fresh greenWG pita bread **Week 2** | 25 Christmas | 26  | 27  | 28  | 29  | 30  |
| 31 Kabobs Yogurt Dip Soft pretzel Soy butter Cheese slices (apple slices, Bagel WG Pineapples Banana Strawberries cheese) Water Water WG toast Water Water **Week 3** |  |

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