

# Kids 'R' Kids Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Early Bird Snack	Milk & Cereal	Milk & Cereal	Milk & Cereal	Milk & Cereal	Milk & Cereal
Breakfast	Milk Waffles w/maple syrup Pineapple	Milk Rice Krispies Mandarin Oranges	Milk Mini Bagels w/cream cheese Pears	Milk Toasted Oats Mandarin Oranges	Milk Biscuits w/butter Fresh Oranges
Lunch	Milk Grilled Cheese Sandwich Frozen Green Beans Applesauce	Milk Cheesy Ham & Potatoes Flash Frozen Corn Infant/Tods Frozen Peas. Peaches Veg: Cheesy Potatoes	Milk Chicken Salad Flash Frozen Peas Mandarin Oranges Veg: -Butter Noodles	Milk Chicken Nuggets Flash Frozen Peas Pears Veg: Cheese Roll-Up	Milk Ham & Cheese Sandwich Carrot Sticks Fresh Apples Veg: Cheese Sandwich
PM Snack	Animal Crackers Peaches Water	Goldfish Crackers Applesauce Water	Veggie Straws Applesauce Water	Cheese & Crackers Pineapple Water	Vanilla Wafers Bananas Water

1-2 Years

3-5 Years

6-12 Years

\*Infants and Toddler receive whole milk

Milk ½ cup

Milk ½ cup

Milk 1 cup

\*Two Years and above receives 2% milk

Fruit/Veggies ½ cup

Fruit/Veggies ½ cup

Fruit/Veggies ¾ cup

\*Suites 150-650 sub animal cracker for carrots

Grain/Bread ½ serving

Grain/Bread ½ serving

Grain/Bread 1 serving

Meat/Meat Alt. ½ oz.

Meat/Meat Alt. ½ oz.

Meat/Meat Alt. 1 oz.

September 25<sup>th</sup> - September 29<sup>th</sup>