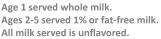
Week 1: May 1-3 PY 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEAL	/RECIPE:				Avocado Toast	
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup			Apricots	Smashed Avocado/ Peaches	Pears
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq			Cottage Cheese	WG Toast	Scrambled Eggs
		MEAL	./RECIPE:			Chicken Rice Casserole	PB&J Sandwiches	Turkey & Cheese Sandwich
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup			Peas	Snap Peas	Cucumbers
LUNCH	Fruit*	1/8 cup	1/4 cup			Strawberries	Cuties	Peaches
	Grain	1/2 oz eq	1/2 oz eq			WG Brown Rice	WG Bread	WG Bread
	Meat/Meat Alternate	1 oz	1 1/2 oz			Chicken	Peanut Butter/ Cheese stick	Turkey & Cheese
	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
	Vegetable	1/2 cup	1/2 cup			Carrots		
SNACK	Fruit	1/2 cup	1/2 cup				Apples	Mandarin oranges
	Grain	1/2 oz eq	1/2 oz eq			WG Crackers		Chex Mix
	Meat/Meat Alternate	1/2 oz	1/2 oz				Peanut Butter	

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

















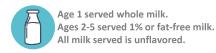
^{*} The fruit component at lunch may be substituted by a second vegetable.

Week 2: May 6-10 PY 23-24

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MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		MEAL	/RECIPE:					
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup	Apples	Blueberries	Bananas	Peaches	Pears
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WG Oatmeal	Yogurt	WG Kix	Hard Boiled Egg	WG Cheerios
		MEAL	./RECIPE:	Tuna Melt	Baked Ziti	Chicken Ceasar Salad	Cheese Bread	Chicken Quesadilla
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Broccoli	Mixed Veggies	Lettuce	Peas	Peppers & onions/ IR
LUNCH	Fruit*	1/8 cup	1/4 cup	Pineapple	Pears	Raspberries	Applesauce	Melon
	Grain	1/2 oz eq	1/2 oz eq	WG Bread	WG Pasta	WG Crackers	WG Crust	WG Tortilla
	Meat/Meat Alternate	1 oz	1 1/2 oz	Tuna / Cheese	Ground Turkey	Chicken	Cheese	Chicken / Cheese
		MEAL	./RECIPE:					
	Milk	1/2 cup	1/2 cup					
CNIACI	Vegetable	1/2 cup	1/2 cup	Carrots	Guacamole		Cucumbers	
SNACK	Fruit	1/2 cup	1/2 cup			Mandarin Oranges		Mixed Fruit
	Grain	1/2 oz eq	1/2 oz eq	WG Crackers	Pita Thins		WG Goldfish	WG Pretzels
	Meat/Meat Alternate	1/2 oz	1/2 oz			String Cheese		

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.













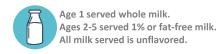
 $[\]ensuremath{^{*}}$ The fruit component at lunch may be substituted by a second vegetable.

Week 3: May 13-16 PY 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	MEAL/RECIPE:							NO SCHOOL
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Fruit/Vegetable	1/4 cup	1/2 cup	Applesauce	Blueberries	Bananas	Peaches	
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	French Toast	Yogurt	WG Muffin	WG oatmeal	
	MEAL/RECIPE:			Ham & Cheese Sandwiches	Chicken Salad Sandwiches	PB&J Sandwiches	Pizza	
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Carrots (raw)	Broccoli (raw)	Snap Peas	Salad	
LUNCH	Fruit*	1/8 cup	1/4 cup	Grapefruit	Pineapple	Apples	Pears	
	Grain	1/2 oz eq	1/2 oz eq	WG Bread	WG Bread	WG Bread	WG crust	
	Meat/Meat Alternate	1 oz	1 1/2 oz	Ham & Cheese	Chicken	Peanut Butter / String Cheese	Cheese/Ham	
		MEAL	/RECIPE:					
	Milk	1/2 cup	1/2 cup					
SNACK	Vegetable	1/2 cup	1/2 cup			Cucumbers	Cauliflower	
	Fruit	1/2 cup	1/2 cup		Tropical Fruit			
	Grain	1/2 oz eq	1/2 oz eq	WG crackers	WG Crackers	Pretzels	WG graham crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	Peanut butter				

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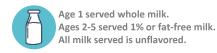
^{*} The fruit component at lunch may be substituted by a second vegetable.

Week 4: May 20-24 PY 23-24

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MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEAL/RECIPE:			Oatmeal	Cereal	Eggs in a nest		
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup	Apples	Bananas	Pineapple	Blueberries	Pears
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq	WG oatmeal	WG cereal	Eggs/WG bread	Pancakes	Cottage cheese
		MEAL	_/RECIPE:		Veggie Sketti	Charcutterie	Sweet & Sour Chicken	Broccoli Salad
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup	Carrots	Corn	Cucumbers	Peas	Broccoli
LUNCH	Fruit*	1/8 cup	1/4 cup	Blackberries	Applesauce	Raspberries	Peaches	Grapes
	Grain	1/2 oz eq	1/2 oz eq	WG Breading	Pasta	WG crackers	WG brown rice	WG Wheat Thins
	Meat/Meat Alternate	1 oz	1 1/2 oz	Chicken Nuggets	Turkey	Turkey/cheese	Chicken	String Cheese
	MEAL/RECIPE:					1%/Whole milk		
	Milk	1/2 cup	1/2 cup					
CNIACI	Vegetable	1/2 cup	1/2 cup	Green beans				
SNACK	Fruit	1/2 cup	1/2 cup		Peaches			Mandarin oranges
	Grain	1/2 oz eq	1/2 oz eq		WG crackers	WG muffin	WG crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz	String cheese			Ham cubes	String cheese

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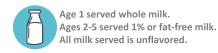
^{*} The fruit component at lunch may be substituted by a second vegetable.

Week 5: May 27-31 PY 23-24

MEAL	COMPONENT	AGES 1-2	AGES 3-5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEAL/RECIPE:			NO SCHOOL MEMORIAL DAY				
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
BREAKFAST	Fruit/Vegetable	1/4 cup	1/2 cup		Bananas	Blackberries	Applesauce	Pears
	Grain/Meat ⁺	1/2 oz eq	1/2 oz eq		WG Cheerios	Cream of wheat	Scrambled eggs	Yogurt/WG
	MEAL/RECIPE:				Teriyaki chicken	Sloppy Joes	Spaghetti	Grilled cheese
	Milk	1/2 cup	3/4 cup	1% / Whole	1% / Whole	1% / Whole	1% / Whole	1% / Whole
	Vegetable	1/8 cup	1/4 cup		Carrots	Peas	Corn	Green beans
LUNCH	Fruit*	1/8 cup	1/4 cup		Pears	Plums	Apples	Bananas
	Grain	1/2 oz eq	1/2 oz eq		WG brown rice	WG bun	Pasta	WG bread
	Meat/Meat Alternate	1 oz	1 1/2 oz		Chicken	Beef	Beef	Cheese
	MEAL/RECIPE:							
	Milk	1/2 cup	1/2 cup					
SNACK	Vegetable	1/2 cup	1/2 cup				Cucumbers	Snap peas
	Fruit	1/2 cup	1/2 cup		Cuties			Mandarin oranges
	Grain	1/2 oz eq	1/2 oz eq			Pretzels	WG crackers	
	Meat/Meat Alternate	1/2 oz	1/2 oz		String cheese	Hummus		

⁺ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.













^{*} The fruit component at lunch may be substituted by a second vegetable.