



*MONDAY*

*TUESDAY*

*WEDNESDAY*

*THURSDAY*

*FRIDAY*

BREAKFAST		3-5 yrs		<i>Hot Cereal</i>	<i>French Toast</i>	<i>English Muffin</i>	<i>Waffles</i>	
Milk	¾ cup		<b>School closed for President's Day</b>	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	
Grains or Meat/Meat Alt	½ oz eq			Farina	WGR French Toast	WW English Muffin w/ fruit preserve	WGR Waffles	
Vegetable and/or Fruit	½ cup			Peach slices	Banana	Sliced Apricots	Mixed Fruit	
<i>Substitute</i>							<i>WGR toast w/ fruit preserve</i>	
LUNCH					<i>Hamburger</i>	<i>Eggs on a Roll</i>	<i>Japanese Chicken Stir Fry</i>	<i>Pasta &amp; Meatballs</i>
Milk	¾ cup			1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1.5 oz			Lean Beef Burger	HB Eggs	Chicken Strips	Ground Beef Meatballs	
Grain/Bread	½ oz eq			WW Bun	WG Roll	Brown Rice	WGR Bowtie Pasta	
Vegetable	¼ cup			Mixed Green w/ Shredded Carrots	Cucumber Salad	Mixed Vegetables	Peas & Carrots	
Vegetable or Fruit	¼ cup			Tropical Fruit Mix	Diced Pineapple	Tropical Fruit Mix	Mandarin	
<i>Substitute</i>								
SNACK				<i>Crackers &amp; Fruit</i>	<i>Yogurt &amp; Fruit</i>	<i>Rice Cakes &amp; Fruit</i>	<i>Goldfish &amp; Berries</i>	
Milk	½ cup							
Meat/Meat Alt	½ oz				LF Yogurt			
Grain/Bread	½ oz eq			WGR Animal Crackers		Apple Cinammon Rice Cake	Goldfish	
Vegetable	½ cup							
Fruit	½ cup			Orange	Cantaloupe	Peach slices	Blueberries	
<i>Substitute</i>					<i>Graham Crackers</i>		<i>WGR pretzels</i>	

WGR-Whole Grain WW- Whole Wheat

Unflavored 1% Milk is served to children ages 2 and older.

Milk alternatives: Soy milk, Lactaid

Water is served at all meal times & available throughout the school day.

Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.

**Substitutions may happen**