



# School Menu 1

rev.8/12/2019



Month		Days				to	Year
		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	
	Vegetable/ Fruit Ages 1-2: ¼ Cup Ages 3-5: ½ cup	Fresh Apple Slices Age 1: Apple Sauce	Tropical Fruit Mix	Diced Pears	Fresh Banana	Mandarin Oranges	
	Grains/Breads Ages 1-5: ¼ oz or ½ slice Cereal ¼ Cup	Multi-Grain Cheerios Cereal (WGR)	Whole Wheat English Muffin (WG)	Mini Bagels	Oat Bran Muffin (WG)	Special K Cereal (WGR)	
Extra/ Optional		Margarine	Cream Cheese				
Lunch	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	
	Meat/ Meat Alternative: Ages 1-2: 1 oz Beans ¼ cup Ages 3-5: 1 ½ oz Beans ¾ cup	Chicken Nuggets	Fish Nuggets	Meatballs in spaghetti sauce	Diced Chicken	Ground Turkey with tomato sauce	
	Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup Double portion for salads	Baked Beans	Pinto Beans	Chopped Spinach Salad	Broccoli	Black Beans	
	Fruit or Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup	Cole Slaw	Diced Tomato	Diced Peaches	Pineapple Chunks	Oven Fried Plantains	
	Grains/Breads Ages 1-5: ½ oz or ¼ slice Pasta ¼ cup	Com Bread	Whole Grain Slider Roll (WG)	Spaghetti with spaghetti sauce	Yellow Rice	Brown Rice (WG)	
Extra/ Optional	Honey Mustard Sauce	American Cheese	Low Fat Italian Dressing				
Snack	Meat/ Meat Alternative: Ages 1-5: ¼ oz.; Yogurt 2oz/ ¼ cup		Strawberry/ Banana Yogurt	American Cheese			
	Vegetable/ Fruit/Juice Ages 1-5: ¼ Cup	Fruit Cocktail	Fresh Banana	Pineapple Juice	Orange Juice	Apple Juice	
	Grains/Breads Ages 1-5: ½ oz or ¼ slice Muffin ½ serving.	Gold Fish		Whole Wheat Bread (WG)	Animal Crackers	Graham Crackers (WGR)	
	Water Ages 1-2: ¼ Cup Ages 3-5: ¾ cup	Water	Water	Water	Water	Water	
*EHS children 1-2 of ages and their caregivers: Foods MUST be mashed or cut in bite size pieces; Toddlers age 2 and up will receive fat free unflavored milk. CN- Child Nutrition Label; Water is available to the children at all times. WG: Whole Grain WGR: Whole Grain Rich							



# School Menu 2

rev.8/12/2019



Month		Days				to	Year
		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	
	Vegetable/ Fruit Ages 1-2: ¼ Cup Ages 3-5: ½ cup	Diced Pears	Orange Juice	Fresh Banana	Tropical Fruit Mix	Pineapple Juice	
	Grains/Breads Ages 1-5: ¼ oz or ½ slice Cereal ¼ Cup	Multi-Grain Cheerios Cereal (WGR)	Whole Wheat English Muffin (WG)	Oat Bran Muffin (WG)	Mini Bagels	Special K Cereal (WGR)	
Extra/ Optional		Margarine		Cream Cheese			
Lunch	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	
	Meat/ Meat Alternative: Ages 1-2: 1 oz Beans ¼ cup Ages 3-5: 1 ½ oz Beans ¾ cup	Scrambled Eggs	Salisbury Steak	Chicken Patty with Mozzarella cheese and Tomato Sauce	Roasted Pulled Pork	Chicken Nuggets	
	Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup Double portion for salads	Green Beans	Chopped Spinach Salad with Carrots Mashed Sweet Potato	3 Bean Salad	Chick Peas	Green peas and Carrots	
	Fruit or Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup	Fruit Cocktail	Pineapple Chunks	Apple Sauce	Diced Peaches	Diced Pears	
	Grains/Breads Ages 1-5: ½ oz or ¼ slice Pasta ¼ cup	White Rice	Whole Grain Roll (WG)	Macaroni with spaghetti sauce	Brown-Yellow Rice (WG)	Macaroni and Cheese	
Extra/ Optional	Ketchup	Low Fat Italian Dressing	Grated Cheese				
Snack	Meat/ Meat Alternative: Ages 1-5: ¼ oz.; Yogurt 2oz/ ¼ cup				American Cheese	Strawberry- Banana Yogurt	
	Vegetable/ Fruit/Juice Ages 1-5: ¼ Cup	Diced Peaches	Apple Sauce	Orange Sherbet		Fresh Banana	
	Grains/Breads Ages 1-5: ½ oz or ¼ slice Muffin ½ serving.	Whole Wheat Crackers (WGR)	Gold Fish	Graham Crackers (WGR)	Whole Wheat Bread (WG)		
	Water Ages 1-2: ¼ Cup Ages 3-5: ¾ cup	Water	Water	Water	Water	Water	
*EHS children 1-2 of ages and their caregivers: Foods MUST be mashed or cut in bite size pieces; Toddlers age 2 and up will receive fat free unflavored milk. CN- Child Nutrition Label; Water is available to the children at all times. WG: Whole Grain WGR: Whole Grain Rich							



# School Menu 3

rev.8/12/2019



Month		Days				to	Year
		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk
	Vegetable/ Fruit Ages 1-2: ¼ Cup Ages 3-5: ½ cup	Apple Sauce	Mandarin Oranges	Pineapple Chunks	Tropical Fruit Mix	Fresh Banana	
	Grains/Breads Ages 1-5: ¼ oz or ¼ slice Cereal ¼ Cup	Whole Wheat Bread (WG)	Multi-Grain Cheerios Cereal (WGR)	Whole Wheat English Muffin (WG)	Oat Bran Muffin (WG)	Com Flakes Cereal (WGR)	
Extra/ Optional	American Cheese		Cream Cheese				
Lunch	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk
	Meat/ Meat Alternative: Ages 1-2: 1 oz Beans ¼ cup Ages 3-5: 1 ½ oz Beans 3/8 cup	Chicken Nuggets	Ground Turkey With tomato sauce	Pork	Fish Nuggets	Beef Steak	
	Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup Double portion for salads	Mashed Sweet Potato	Shredded Lettuce and Tomato	Black Beans	Mashed Potatoes	Split Pea Soup	
	Fruit or Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup	Diced Peaches	Apple Sauce	Diced Pears	Peas and Carrots	Fruit Cocktail	
	Grains/Breads Ages 1-5: ¼ oz or ¼ slice Pasta ¼ cup	Whole Grain Roll (WG)	Brown Rice (WG)	White Rice	Com Bread	Brown Rice (WG)	
Extra/ Optional	Broccoli		Oven Fried Plantains		Cucumbers		
Snack	Meat/ Meat Alternative: Ages 1-5: ¼ oz ; Yogurt 2oz/ ¼ cup		Cream Cheese		American Cheese		
	Vegetable/ Fruit/Juice Ages 1-5: ¼ Cup	Apple Juice	Grape Juice Jelly (Optional)	Fresh Bananas		Apple Sauce	
	Grains/Breads Ages 1-5: ¼ oz or ¼ slice Muffin ¼ serving	Graham Crackers (WGR)	Whole Wheat Bread (WG)	Animal Crackers	Whole Wheat Crackers (WGR)	Banana Oat Muffin (WG)	
	Water Ages 1-2: ¼ Cup Ages 3-5: ¾ cup	Water	Water	Water	Water	Water	

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# School Menu 4

rev.8/12/2019



Month		Days				to	Year
		Monday	Tuesday	Wednesday	Thursday	Friday	
Breakfast	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk
	Vegetable/ Fruit Ages 1-2: ¼ Cup Ages 3-5: ½ cup	Orange Juice	Mandarin Oranges	Tropical Fruit Mix	Fresh Bananas	Fruit Cocktail	
	Grains/Breads Ages 1-5: ¼ oz or ¼ slice Cereal ¼ Cup	Oat Bran Muffin (WG)	Special K Cereal (WGR)	Multi-Grain Cheerios Cereal (WGR)	Mini Bagels	Oat Bran Muffin (WG)	
Extra/ Optional				Cream Cheese			
Lunch	Milk Ages 1-2: ¼ Cup, 4oz Ages 3-5: ¾ cup, 6oz	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk	Age 1 Whole Milk
		Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk	Ages 2-5 Fat Free Milk
	Meat/ Meat Alternative: Ages 1-2: 1 oz Beans ¼ cup Ages 3-5: 1 ½ oz Beans 3/8 cup	Ham and Swiss Cheese Slices	Beef Teriyaki	Diced Baked Ham	Chicken Stew with peas and carrots	Scrambled Eggs	
	Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup Double portion for salads	Vegetable Soup	Red Bean Soup	Peas and Carrots	Mashed Potatoes	Green Beans	
	Fruit or Vegetable Ages 1-2: 1/8 Cup Ages 3-5: ¼ Cup	Pineapple Chunks	Diced Peaches	Diced Pears	Cole Slaw	Fruit Cocktail	
	Grains/Breads Ages 1-5: ¼ oz or ¼ slice Pasta ¼ cup	Media Noche Bun	White Rice	Spaghetti	Whole Grain Roll (WG)	White Rice	
Extra/ Optional	Pickles, Mayo, and Mustard	Cucumbers	Alfredo Sauce		Ketchup		
Snack	Meat/ Meat Alternative: Ages 1-5: ¼ oz ; Yogurt 2oz/ ¼ cup		American Cheese		Cream Cheese		
	Vegetable/ Fruit/Juice Ages 1-5: ¼ Cup	Tropical Fruit Mix		Fresh Apple Slices	Jelly (Optional) Pineapple Juice	Apple Juice	
	Grains/Breads Ages 1-5: ¼ oz or ¼ slice Muffin ¼ serving	Animal Crackers	Whole Wheat Bread (WG)	Gold Fish Crackers	Whole Wheat Bread (WG)	Whole Wheat Crackers (WGR)	
	Water Ages 1-2: ¼ Cup Ages 3-5: ¾ cup	Water	Water	Water	Water	Water	

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