

# Menu

## BLESSINGS FOR

## YOU



Date: June 3, 2024- June 7, 2024		AGES				MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1-2	3-5	6-18						
<b>BREAKFAST CHOOSE 3</b>	MILK	½ CUP	¾ CUP	1 CUP	1 CUP	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5) Grape Juice  French Toast	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5) Apple Juice  Cheese Omelet	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5) Cinnamon Apples	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5) Cranberry Juice  Waffles	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5) Orange Juice  Cheerios
	VEGETABLE/ FRUIT	¼ CUP	½ CUP	½ CUP	½ CUP					
	GRAIN/ MEAT	½ OZ OR EQ	½ OZ OR EQ	1 OZ OR EQ	2 OZ OR EQ					
<b>AM SNACK CHOOSE 2</b>	MILK	½ CUP	½ CUP	1 CUP	1 CUP	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Strawberry Chex Mix	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Cinnamon Belvita Breakfast Biscuits	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Whole Grain Nutri Grain Bar (Variety)	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Whole Grain Fig Bar (Variety)	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  White Cheddar Cheez- Its
	VEGETABLE/ FRUIT	½ CUP	½ CUP	¾ CUP	½ CUP					
	GRAIN/ MEAT	½ OZ OR EQ	½ OZ OR EQ	1 OZ OR EQ	1 OZ OR EQ					
<b>LUNCH CHOOSE 5</b>	MILK	½ CUP	¾ CUP	1 CUP	1 CUP	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Green Beans  Peaches  Buttered Whole Wheat Toast  Breaded Chicken Pattie	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Broccoli  Pears  Buttered Whole Wheat Toast  Macaroni & Cheese	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Corn  Fruit Cocktails  Buttered Whole Wheat Toast  Corn Dog Nuggets	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Mixed Vegetables (Green Beans, Carrots, Corn, Potatoes) French Fries  Buttered Whole Wheat Toast  Chicken Nuggets	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Mashed Potatoes  Mandarin Oranges  Buttered Whole Wheat Toast  Salisbury Steak w/ Gravy
	VEGETABLE	1/8 CUP	¼ CUP	½ CUP	½ CUP					
	FRUIT	1/8 CUP	¼ CUP	¼ CUP	½ CUP					
	GRAIN	½ OZ OR EQ	½ OZ OR EQ	1 OZ OR EQ	2 OZ OR EQ					
	MEAT/ ALTERNATIVE	1 OZ	1 ½ OZ	2 OZ	2 OZ					
<b>PM SNACK CHOOSE 2</b>	MILK	½ CUP	½ CUP	1 CUP	1 CUP	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Cheese Ritz Bits Crackers	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Cheddar Cheez- Its	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Harvest Cheddar Sun Chips	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Toast Chee Peanut Butter Crackers	Whole Milk (age 1) or Low/ Fat-free Milk (ages 2-5)  Baked Cheetos
	VEGETABLE/ FRUIT	½ CUP	½ CUP	¾ CUP	½ CUP					
	GRAIN/ MEAT	½ OZ OR EQ	½ OZ OR EQ	1 OZ OR EQ	1 OZ OR EQ					

1. Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
2. The fruit component at lunch may be substituted by an additional vegetable.
3. A serving of milk is not required at supper meals for adults oz eq= once equivalents

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