

Jan 2-3

Weekly Menu for the Week of: December 30, 2024 - Jan 3, 2025

Meal	Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Milk	1/2 cup	3/4 cup				Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup				Canned Peaches in Natural Juices	Applesauce
	Grain/Meat*	1/2 oz eq	1/2 oz eq				Whole Grain Rich Cheerios	Whole Grain Rich Chex Cereal
	Yogurt	1/4 cup	1/2 cup					

*Breakfast includes a Grain or Meat Alternative or Yogurt, Fruit/Vegetable & Milk

							Turkey & Cheese	Ham Mac & Cheese
LUNCH	Milk	1/2 cup	3/4 cup				Milk	Milk
	Vegetable	1/8 cup	1/4 cup				Frozen Peas	Frozen Corn
	Fruit	1/8 cup	1/4 cup				Canned Pears in Natural Juices	*Fresh Fruit Under 2 Canned Pears
	Grain	1/2 oz eq	1/2 oz eq				Bread	Pasta
	Meat/Meat Alternative	1 oz	1 1/2 oz				Turkey & Cheese	Ham & Cheese

*Lunch includes all 5 components above

SNACK	Fruit	1/2 cup	1/2 cup				Canned Apples in Natural Juices	
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq				Animal Crackers	Crackers
	Meat/Meat Alternative	1/2 oz eq	1/2 oz eq					American Cheese
	Yogurt	2oz	4 oz					

*Snack includes 2 different components

*Fresh Fruit includes: Apples, Bananas, Oranges, Peaches, Pears, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

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