

Menu B

Weekly Menu for the Week of: _____

Meal	Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Fruit/Vegetable	1/4 cup	1/2 cup	*Fresh Fruit Under 2 Canned Mandarin Oranges	*Fresh Fruit Under 2 Peaches in Natural Juice	Mango	*Fresh Fruit Under 2 Bananas	*Fresh Fruit Under 2 Blueberries
	Grain/Meat*	1/2 oz eq	1/2 oz eq	Life Cereal Whole Grain Rich	Whole Wheat Toast with Sunbutter	Kix Cereal Whole Grain Enriched Cereal	Whole Grain Cheerios	Whole Wheat Bagels with Cream Cheese
	Yogurt	1/4 cup	1/2 cup					

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

LUNCH				Mac & Cheese with Ham	Make Your Own Tortilla Pizza	Egg Patties & Waffles	Grilled Chicken Pasta	Turkey Meatball Subs
	Milk	1/2 cup	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	Peas	Corn	Peas	Cauliflower	Carrots
	Fruit	1/8 cup	1/4 cup	*Fresh Fruit	*Fresh Fruit Under 2 Pineapple in Natural Juices	Sliced Strawberries	*Fresh Fruit Under 2 Apples in Natural Juices	*Fresh Fruit Under 2 Applesauce
	Grain	1/2 oz eq	1/2 oz eq	Pasta	Tortilla	Waffles	Pasta	Hot Dog Rolls
	Meat/Meat Alternative	1 oz	1 1/2 oz	Ham	Cheese & Peperoni	Egg Patties	Grilled Chicken	Turkey Meatballs & Cheese Stick

*Lunch includes all 5 components above

SNACK	Fruit	1/2 cup	1/2 cup		*Fresh Fruit Under 2 Apples in Natural Juices	*Fresh Fruit Under 2 Peaches in Natural Juices	Frozen Strawberries	*Fresh Fruit Under 2 Bananas
	Vegetable	1/2 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	Tortilla Chips Under 2 Soft Tortillas	Graham Crackers	Oatmeal Bars		Goldfish
	Meat/Meat Alternative	1/2 oz eq	1/2 oz eq	Cheese Sticks		American Cheese		
	Yogurt	2oz	4 oz				Dannon Light & Fit Vanilla	

*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.

Great Bay Kids is an equal opportunity provider and Employer



