|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Monday** | **Tuesday** | **Wednesday** | **Thursday** | **Friday** |
| **1&2 Year Old’s (5 choices including milk)**  **1 oz meat/meat alternate**  **1/8 c fruit & 1/8 c veggie**  **½ slice bread alternate**  Milk-AM & PM Snacks  1/2 c 1&2 Year Old  1/2 c 3&4 Year Old’  Lunch  1/2 c 1 &2 Year Old  3/4 c 3 & 4 Year Old | **Lunch 3 & 4 Year Old’s (5 choices including milk)**  **1 ½ oz meat/meat alternate**  **¼ c fruit and ¼ c vegetables**  **½ slice bread or bread alternate**Morning & Pm Snack ( 2 Choices)  1/2 oz meat/meat  alternate  1/2 c fruit or veggie  1/2 slice bread or bread  alternate | USDA is an equal opportunity provider and employer |  | **1** WGR Cheerios, Bananas, Milk  Grilled Cheese, Tomato Soup, Celery Sticks, Grapes, Milk  Cracker Sandwiches, Tomato Slices |
| **4** Pancakes, Mandarin oranges, Milk  Cheese Raviolis w/ Marinara & Meatballs,  Corn, Apples, Milk  Melon, Pretzel Sticks | **5** Banana Bread square,  Melon, Milk  Beef & Bean Tamale pie, green beans, peaches, milk  Smoothie, Crackers | **6** Oatmeal, Berries, Milk  Rainbow Rice W/ Chicken, Roasted Mix Veggies, Oranges, Milk    Cinnamon Raisin Bread W/ Butter, Pears | **7** Sausage, English Muffin, oranges, milk  Tortellini Veggie Soup, Ham roll up, Roasted Cauliflower, grapes, Milk  Yogurt, cucumber slices | **8** French Tst. Sticks, Pears, Milk  Arroz con pollo w/WGR rice, green beans, applesauce, milk  WGR Goldfish, Peppers |
| **11** Waffles, Peaches, Milk  Cheeseburgers,  Roasted Red Potatoes,  Melon, Milk  Cottage Cheese, Berries | **12** Blueberry Muffins, Apple Sauce, Milk  Arroz con pollo w/WGR rice, green beans, applesauce, milk  Cheesy French Toast, Marinara, Cucumbers | **13** Bagel w/cream cheese, Bananas, Milk  Spaghetti With Ground Beef & Marinara, Peas, Berries, Milk  Croissant W/ Sunbutter,  Pears | **14** Mango Salsa, Crackers  Turkey & Cheese on WGR bread, Roasted Broccoli, Pineapple, Milk  Cantaloupe, WGR Gold Fish  P | **15** WGR Cheerios, mango, milk  Meatball Sandwich, Roasted Carrots,  Melon, Milk  Baked batatas & apples, Pretzel Sticks |
| **18** Corn Muffins, Apple Sauce, Milk  Chicken Alfredo Over Elbow Pasta, Roasted Broccoli, Grapes, Milk  Fresh Fruit Salad, Crackers | **19** Scrambled Eggs, WGR Toast, Peaches, Milk  Beef Tacos in WGR tortilla, Rice Pilaf, Roasted Mix Veggies, oranges, milk  Hummus, Celery And  Carrots, Pita Bread | **20** English Muffin,  Sausage Links,  Pineapples, Milk  Pulled Pork on WGR bun, roasted potatoes, corn, apple slices , milk  Chicken And Pork Dumplings, Soy Sauce, Peppers | **21** Cinnamon Raisin toast , Berries, Milk  Chicken Noodle Soup, Corn Muffins, Roasted Cauliflower, Apples, Milk  Bread Sticks, pretzel sticks, Peppers | **22** French tst. sticks, Bananas, Milk  Fiesta Mexican Lasagna, Corn, WGR breadstick, mandarin oranges, milk  Pumpkin Bread, Apple Sauce |
| **25** Oatmeal, Mango, Milk  Roast Beef on WGR bread, roasted Cauliflower, Grapes, Milk  Fresh Veggies, String Cheese | **26** Bagel w/Cream Cheese, Pineapple, Milk  Chicken Bake, Couscous, Cooked Mix Veggies, apple slices, Milk  Warm Croissant w/ Ham & Cheese, Cucumber | **27** Pancakes, Applesauce, Milk  Turkey Roll Ups,  Roasted Mix Veggies, Melon, Milk  Oatmeal Squares, Pears | **28** Rice Krispies, Bananas, Milk  Beef Quesadilla,  Roasted Mix Veggies, pears, Milk  Mandarin orange pumpkins, pretzel sticks | 29 Waffle w/berry sauce, applesauce  Spider Pizza, carrot sticks, peaches, milk  Ghost fruit kabobs, crackers |