



Menu Item	Allergens	Portion Size	Meal Pattern	Carbohydrate
Monday				
BREAKFAST				
Breakfast Cereal*	*gluten Free (unless substitution is required)	1oz	1G	28g
Apple Sauce		4 oz cup	1F	17g
Milk		1/2 pint	1 serving	12g
LUNCH				
Turkey		1 slice	1M	1g
Cheese Stick	Milk	1 each (1oz)	1M	1g
Whole Grain Crackers, Cheddar	Wheat, Soy, Milk	1 pack (25g)	1G	17g
Fruit		1/4 cup serving (assorted)	1/4C	varies
Vegetable		1/4 cup serving (assorted)	1/4C	varies
Milk		1/2 pint	1 serving	12g
Tuesday				
BREAKFAST				
Blueberry Muffin	Wheat, Soy, Egg	1 each (2oz)	2G	30g
Fruit Cup		4 oz cup	1F	17g
Milk		1/2 pint	1 serving	12g
LUNCH				
Sunbutter	Soy	2oz	2MMA	12g
Jelly		2 Tbsp (1oz)		18g
WW Bread	Wheat	2 slices (80g)	2G	38g
Fruit		1/4 cup serving (assorted)	1/4C	varies
Vegetable		1/4 cup serving (assorted)	1/4C	varies
Milk		1/2 pint	1 serving	12g
Wednesday				
BREAKFAST				
Banana Bread (or substitute)	Wheat, Milk, Soy, Egg	1 each (2oz)	2G	27g
Apple Sauce		4 oz cup	1F	17g
Milk		1/2 pint	1 serving	12g
LUNCH				
Cheese, Shredded	Milk	1.5 oz	1.5M	1g
8" WW Tortilla	Wheat	1 ea. (45g)	1.5G	22g
Whole Grain Crackers, Cheddar	Wheat, Soy, Milk	1 pack (25g)	1G	17g
Fruit		1/4 cup serving (assorted)	1/4C	varies
Vegetable		1/4 cup serving (assorted)	1/4C	varies
Milk		1/2 pint	1 serving	12g
Thursday (GRADS only)				
BREAKFAST				
Breakfast Cereal*	*gluten Free (unless substitution is required)	1oz	1G	28g
Apple Sauce		4 oz cup	1F	17g
Milk		1/2 pint	1 serving	12g
LUNCH				
Cheese Pizza (Slice)	Wheat, Milk, Soy	1 portion (12 cut)	.25V, 1.5 MMA, 1.5 G	29g
Fruit		1/4 cup serving (assorted)	1/4C	varies
Vegetable		1/4 cup serving (assorted)	1/4C	varies
Milk		1/2 pint	1 serving	12g
Friday				
BREAKFAST				
Breakfast Bar (UBR)	Wheat, Milk, Soy, Egg	1 each (2.2oz)	2G	44g
Fruit Cup		4 oz cup	1F	17g
Milk		1/2 pint	1 serving	12g
LUNCH				
WW Mini Bagel	Wheat	1 each (28g)	1G	20g
Sunbutter	Soy	2oz	2MMA	12g
Fruit		1/4 cup serving (assorted)	1/4C	varies
Vegetable		1/4 cup serving (assorted)	1/4C	varies
Milk		1/2 pint	1 serving	12g
Meal Patterns adhere to the CACFP minimum quantities for 3-5 year olds: Breakfast 3/4 cup Milk, 1/2 cup Fruit, 1/2 oz eq Grain Lunch 3/4 cup Milk, 1 1/2 oz eq MMA, 1/2 oz eq Grain, 1/4 Cup Fruit, 1/4 Cup Vegetable				