

# January 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions				
		<b>Monday</b> <b>2-Jan</b>	<b>Tuesday</b> <b>3-Jan</b>	<b>Wednesday</b> <b>4-Jan</b>	<b>Thursday</b> <b>5-Jan</b>	<b>Friday</b> <b>6-Jan</b>	<b>Breakfast</b>	<b>A-1-2</b>	<b>A 3-5</b>	<b>A 6-12</b>	
Breakfast		Milk, Apples, Breakfast Bar	Milk, French Tst, Peaches	Milk, Oranges, Eng. Muffin	Milk, Waffles, Grapes	Milk, Bananas, Pop Tart	Milk	1/2 Cp	3-4 Cp	1 Cp	
AM Snack		Bananas, Animal Crackers	Strawberries, Yogurt	Pineapple, Trail Mis	Oranges, Cheese Its	Grapes, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl	
Lunch		Milk, Hamburger, Salad	Milk, Roast Chicken, Grn. Beans	Milk, Hamburger Taco Bake	Milk, Meatballs, Peaches	Milk, Fish Sticks, Tater Tots	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu	
		Fresh Mix Fruit, Spaghetti	Apple Sauce, Enr. Bread	Carrots, Pineapple, Corn Chips	Egg Noodles, Mixed Vegies	Orange Slices, Enr. Roll	Alternates	1/2 Sv	1/2 Sv	1 Sv	
PM Snack		Grape Juice, Vanilla Wafers	Apple Slices, Dry Cereal	Yogurt, Grm Crackers	Juice, Saltines	Rice Krispie Treat, Milk	Cereal or C	1/2 cu	1/3 cu	3/4 cu	
		<b>Monday</b> <b>9-Jan</b>	<b>Tuesday</b> <b>10-Jan</b>	<b>Wednesday</b> <b>11-Jan</b>	<b>Thursday</b> <b>12-Jan</b>	<b>Friday</b> <b>13-Jan</b>	<b>AM Snack</b>				
Breakfast		Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Milk	1/4 Cu	1/4 cu	1/2 Cu	
AM Snack		Orange Slices, Cookie	Pineapple, Fruit Bar	Grapes, Wheat Thins	Bananas, Oatmeal Cookie	Apple Slices, Yogurt	Juice, Veggie	1/2 Cu	1/2 cu	3/4 Cu	
Lunch		Milk, Chicken Strips, Enr. Bread	Milk, Beef Bologna, Am. Cheese	Milk, Homemade Mac & Cheese	Milk, Hamburger(Sloppy Joes	Milk, Turkey & Cheese Sandwich, Fr Fries	Yogurt	1/2 oz	1/2 oz	1 oz	
		Green Beans, Applesauce	Enr. Bread, Corn, Peaches	Green Beans, Fresh Mixed Fruit	Tater Tots, Oranges, Enr. Roll	Apples	Bread	1/2 Sl	1/2 Sl	1 Sl	
PM Snack		Mozzarella Cheese,Ritz Crkrs	Vanilla Wafers, Grapes	Cookie, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Cookie	Alternates	1/4 Cu	1/4 Cu	1/2 Cu	
		<b>Monday</b> <b>18-Jan</b>	<b>Tuesday</b> <b>19-Jan</b>	<b>Wednesday</b> <b>20-Jan</b>	<b>Thursday</b> <b>21-Jan</b>	<b>Friday</b> <b>22-Jan</b>	<b>Lunch</b>				
Breakfast		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Milk	1/2 Cp	3-4 Cp	1 Cp	
AM Snack		Orange Slices, Cracker	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	Meat	1 Oz	1 1/2 Oz	2 Oz	
Lunch		Milk, Beef Meatballs, Broccoli	Milk, Baked Chicken, Rice	Milk, Hamburger, Spaghetti	Milk, Turkey Slices, Enr. Brd	Milk, Chicken Nuggets, Enr.Roll	Bread	1/2 Sl	1/2 Sl	1 Slice	
		Egg Noodles, Pineapple	Cooked Frozen Peas, Peaches	Green Beans, Grapes	Cooked Carrots, Applesauce	French Fries, Mixed Vegies, Orange Slices	Pasta, Rice, N	1/4 Cu	1/4 Cu	1/2 Cu	
PM Snack		Juice, Muffin	Grape Juice, Saltines	Milk, Granola Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	Veggie	1/4 Cu	1/2 Cu	3/4 Cu	
		<b>Monday</b> <b>23-Jan</b>	<b>Tuesday</b> <b>24-Jan</b>	<b>Wednesday</b> <b>25-Jan</b>	<b>Thursday</b> <b>26-Jan</b>	<b>Friday</b> <b>27-Jan</b>	<b>PM Snack</b>				
Breakfast		Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar	Milk	1/2 Cp	3-4 Cp	1 Cp	
AM Snack		Apples, Cheese	Pineapple, Crackers	Banana, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar	Veggie or Fru	1/2 Cu	1/2 cu	3/4 Cu	
Lunch		Hamburger, Enr Noodles, Salad	Milk, Baked Chicken, Applesauce	Milk, Turkey & Cheese Sand.	Milk, Beef Hot Dogs, Enr.Bun	Milk, Baked Chicken, Green Beans	Protein Altern	1/2 Cu	1/2 cu	1 Oz	
		Pineapple, Milk	Green Beans, Enr. Bread, Milk	Broccoli, Pineapple, Enr. Brd	Mixed Veggies, Apples	Apple Slices,Enr. Bread	Bread Alterna	0.5	0.5	1	
PM Snack		Cookie, Orange Slices	Grape Juice, Crackers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Grapes, Rice Krispie Treat	<p><b>Serve Whole Milk to Age 2 &amp; Under</b>  <b>Must be Fluid Milk</b> for age 2 and above.  <b>Crackers &amp; Cookies</b> pieces to serve each age group.                      Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12)                      Only Enriched Bread,                      Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice.                      Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</p>				
		<b>Monday</b> <b>30-Jan</b>	<b>Tuesday</b> <b>31-Jan</b>								
Breakfast		Milk, Apples, Cereal	Milk, Cheese Toast, Banana								
AM Snack		Grapes, Fruit Bar	Pineapple, Graham Crackers								
Lunch		Milk, Turkey Slices, Enr. Brd	Milk, Chicken Nuggets, Enr.Roll								
		Cooked Carrots, Applesauce	French Fries, Mixed Vegies, Orange Slices								
PM Snack		Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers								

Psalm 52:9 I will praise You forever, because You have done it; And in the presence of Your saints I will wait on Your name, for it is good

## February 2017 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions			
			1-Feb	2-Feb	3-Feb	Breakfast	A-1-2	A-3-5	A-6-12
Breakfast			Milk, Oranges, Eng. Muffin	Milk, Waffles, Grapes	Milk, Bananas, Pop Tart	Milk	1/2 Cp	3-4 Cp	1 Cp
AM Snack			Pineapple, Trail Mis	Oranges, Cheese Its	Grapes, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch			Milk, Hamburger Taco Bake Carrots, Pineapple, Corn Chips, Enr B	Milk, Meatballs, Peaches Egg Noodles, Mixed Vegies	Milk, Fish Sticks, Tater Tots Orange Slices, Enr. Roll	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
PM Snack			Juice, Grm Crackers	Grapes, Saltines	Rice Krispie Treat, Juice	Alternates	1/2 Sv	1/2 Sv	1 Sv
						Cereal or Grains	1/2 cu	1/3 cu	3/4 cu
						<b>AM Snack</b>			
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Milk	1/4 Cu	1/4 cu	1/2 Cu
	<b>6-Feb</b>	<b>7-Feb</b>	<b>8-Feb</b>	<b>9-Feb</b>	<b>10-Feb</b>	Juice, Veggie, Fruit	1/2 Cu	1/2 cu	3/4 Cu
Breakfast	Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Yogurt	1/2 oz	1/2 oz	1 oz
AM Snack	Orange Slices, Cookie	Pineapple, Fruit Bar	Grapes, Wheat Thins	Bananas, Oatmeal Cookie	Strawberries, Yogurt	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch	Milk, Chicken Fajita, Soft Taco Lettuce, Tomato, Applesauce	Milk, Beef Lasagna, Mix. Cheeses Salad, Peaches	Milk, Homemade Mac & Cheese Green Beans, Fresh Mixed Fruit	Milk, Hamburger(Sloppy Joes Tater Tots, Oranges, Enr. Roll	Milk, Cheese & Turkey Sand Carrots, Applesauce	Alternates	1/4 Cu	1/4 Cu	1/2 Cu
PM Snack	Mozzarella Cheese, Ritz Crkrs	Apples, Vanilla Wafers	Juice, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Cookie	<b>Lunch</b>			
						Milk	1/2 Cp	3-4 Cp	1 Cp
						Meat	1 Oz	1 1/2 Oz	2 Oz
						Bread	1/2 Sl	1/2 Sl	1 Slice
						Pasta, Rice, Noodles	1/4 Cu	1/4 Cu	1/2 Cu
Breakfast	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Veggie	1/4 Cu	1/2 Cu	3/4 Cu
	<b>13-Feb</b>	<b>14-Feb</b>	<b>15-Feb</b>	<b>16-Feb</b>	<b>17-Feb</b>	Fruit	1/4 Cu	1/2 Cu	3/4 Cu
Breakfast	Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	<b>PM Snack</b>			
AM Snack	Grapes, Saltines	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	Milk	1/2 Cp	3-4 Cp	1 Cp
Lunch	Milk, Beef Meatballs, Broccoli Egg Noodles, Pineapple	Milk, Baked Chicken, Rice Cooked Frozen Peas, Peaches	Milk, Hamburger, Spaghetti Green Beans, Grapes	Beef Nachos, Cheese, Corn Chips Lettuce, Tomato, Oranges, Milk, Enr B	Milk, Chicken Nuggets, Enr. Brd French Fries, Mixed Vegies, Apple	Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu
PM Snack	Orange Slices, Muffin	Grape Juice, Saltines	Apples, Granola Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	Protein Alternate	1/2 Cu	1/2 cu	1 Oz
						Bread Alternate	0.5	0.5	1
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>				
	<b>20-Feb</b>	<b>21-Feb</b>	<b>22-Feb</b>	<b>23-Feb</b>	<b>24-Feb</b>				
Breakfast	Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar	<b>Serve Whole Milk to Age 2 &amp; Under</b> <b>Serve 1% Milk Only for age 2 and above. Must be Fluid Milk</b> <b>Crackers &amp; Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12) Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice.</b> <b>Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b>			
AM Snack	Apples, Cheese	Pineapple, Crackers	Banana, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar				
Lunch	Hamburger, Enr. Noodles, Pineapple, Salad, Milk	Milk, Baked Chicken, Applesauce Green Beans, Enr. Bread	Milk, Turkey & Cheese Sand. Broccoli, Pineapple, Enr Brd	Milk, Beef Hot Dogs, Enr Bun Mixed Veggies, Apples	Milk, Baked Chicken, Green Beans Apple Slices, Enr. Bread				
PM Snack	Van. Wafers, Apples	Grape Juice, Crackers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Grapes, Rice Krispie Treat				
	<b>Monday</b>	<b>Tuesday</b>							
	<b>27-Feb</b>	<b>28-Feb</b>							
Breakfast	Milk, Bananas, Cereal	Milk, Apples, Breakfast Bar							
AM Snack	Blueberries, Muffin	Bananas, Animal Crackers							
Lunch	Chicken Nuggets, Tater Tots Pineapple, Enr. Roll, Milk	Milk, Hamburger, Salad Mix Fruit, Spaghetti, Enr Roll							
PM Snack	Apple Juice, Mozzarella Stick	Grape Juice, Vanilla Wafers							

Psalm 140:3 Surely the righteous shall give thanks to Your name; The upright shall dwell in Your presence.

## March 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions			
		1-Mar	2-Mar	3-Mar	4-Mar	5-Mar	Breakfast	A 1-2	A 3-5	A 6-12
Breakfast		Milk, Oranges, Eng. Muffin	Milk, Waffles, Grapes	Milk, Bananas, Pop Tart			Milk	1/2 Cp	3-4 Cp	1 Cp
AM Snack		Pineapple, Trail Mis	Oranges, Cheese Its	Grapes, Graham Crackers			Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Hamburger Taco Bake Carrots, Pineapple, Corn Chips	Milk, Meatballs, Peaches Egg Noodles, Mixed Veggies	Milk, Fish Sticks, Tater Tots Orange Slices, Enr. Roll			Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
PM Snack		Yogurt, Grm Crackers, Juice	Juice, Saltines	Rice Krispie Treat, Milk			Alternates	1/2 Sv	1/2 Sv	1 Sv
							Cereal or C	1/2 cu	1/3 cu	3/4 cu
							<b>AM Snack</b>			
							Milk	1/4 Cu	1/4 cu	1/2 Cu
							Juice, Veggie	1/2 Cu	1/2 cu	3/4 Cu
Breakfast		Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Yogurt	1/2 oz	1/2 oz	1 oz
AM Snack		Orange Slices, Cookie	Pineapple, Fruit Bar	Grapes, Wheat Thins	Bananas, Oatmeal Cookie	Apple Slices, Yogurt	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Chicken Strips, Enr. Bread Green Beans, Applesauce	Milk, Beef Bologna, Am. Cheese Enr. Bread, Corn, Peaches	Milk, Homemade Mac & Cheese Green Beans, Fresh Mixed Fruit	Milk, Hamburger(Sloppy Joes Tater Tots, Oranges, Enr. Roll	Milk, Turkey & Cheese Sandwich, Fr Frie Apples	Alternates	1/4 Cu	1/4 Cu	1/2 Cu
PM Snack		Mozzarella Cheese,Ritz Crkrs, Juice	Vanilla Wafers, Milk	Cookie, Bananas, Milk	Apple Juice, Saltines	Mixed Berry Juice, Cookie	<b>Lunch</b>			
							Milk	1/2 Cp	3-4 Cp	1 Cp
							Meat	1 Oz	1 1/2 Oz	2 Oz
							Bread	1/2 Sl	1/2 Sl	1 Slice
							Pasta, Rice, N	1/4 Cu	1/4 Cu	1/2 Cu
Breakfast		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Veggie	1/4 Cu	1/2 Cu	3/4 Cu
AM Snack		Orange Slices, Cracker	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	Fruit	1/4 Cu	1/2 Cu	3/4 Cu
Lunch		Milk, Beef Meatballs, Broccoli Egg Noodles, Pineapple	Milk, Baked Chicken, Rice Cooked Frozen Peas, Peaches	Milk, Hamburger, Spaghetti Green Beans, Grapes	Milk, Turkey Slices, Enr. Brd Cooked Carrots, Applesauce	Milk, Chicken Nuggets, Enr.Roll French Fries, Mixed Veggies, Orange Slices	<b>PM Snack</b>			
PM Snack		Juice, Muffin	Grape Juice, Saltines	Milk, Granola Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers, Juice	Milk	1/2 Cp	3-4 Cp	1 Cp
							Veggie or Fru	1/2 Cu	1/2 cu	3/4 Cu
							Protein Altern	1/2 Cu	1/2 cu	1 Oz
							Bread Alterna	0.5	0.5	1
Breakfast		Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar	<b>Serve Whole Milk to Age 2 &amp; Under</b> <b>Serve 1% Milk Only for age 2 and above.</b> <b>Must be Fluid Milk Crackers &amp; Cookies pieces to serve each age group.</b> <b>Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12)</b> <b>Only Enriched Bread,</b> <b>Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice.</b> <b>Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b>			
AM Snack		Apples, Cheese	Pineapple, Crackers	Banana, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar				
Lunch		Hamburger, Enr Noodles, Salad Pineapple, Milk	Milk, Baked Chicken, Applesauce Green Beans, Enr. Bread, Milk	Milk, Turkey & Cheese Sand. Broccoli, Pineapple, Enr. Brd	Milk, Beef Hot Dogs, Enr. Bun Mixed Veggies, Apples	Milk, Baked Chicken, Green Beans Apple Slices,Enr. Bread				
PM Snack		Cookie, Milk	Grape Juice, Crackers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Rice Krispie Treat, Grape Juice				
Breakfast		Milk, Bananas, Cereal	Grapes, Fruit Bar, Milk	Milk, French Tst, Pears	Milk, Pineapple, Oatmeal	Milk, French Tst, Peaches				
AM Snack		Blueberries, Muffin	Bananas, Animal Crackers	Apples, Yogurt	Milk, Apples	Strawberries, Yogurt				
Lunch		Chicken Nuggets, Tater Tots Pineapple, Roll, Milk	Milk, Hamburger, Salad Mix Fruit, Spaghetti, Enr Roll	Milk, Roast Chicken, Grm. Beans Apple Sauce, Enr Bread	Milk, Fish Fillet, French Fries, Peaches, Roll	Milk, Turkey & Cheese Sand. Broccoli, Pineapple, Enr. Brd				
PM Snack		Apple Juice, Mozzarella Stick	Grape Juice, Vanilla Wafers	Dry Cereal, Milk	Nachos, Berry Juice	Oatmeal Cookies, Milk				

## April 2017 Menu

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Serving Ages Group &amp; Portions</b>			
		<b>3-Apr</b>	<b>4-Apr</b>	<b>5-Apr</b>	<b>6-Apr</b>	<b>7-Apr</b>	<b>Breakfast</b>	<b>A-1-2</b>	<b>A 3-5</b>	<b>A 6-12</b>
Breakfast		Milk, Apples, Breakfast Bar	Milk, French Tst, Peaches	Milk, Oranges, Eng. Muffin	Milk, Waffles, Grapes	Milk, Bananas, Pop Tart	Milk	1/2 Cp	3-4 Cp	1 Cp
AM Snack		Bananas, Animal Crackers	Strawberries, Yogurt	Pineapple, Trail Mix	Oranges, Cheese Its	Grapes, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Hamburger, Salad	Milk, Roast Chicken, Grn. Beans	Milk, Hamburger Taco Bake	Milk, Meatballs, Peaches	Milk, Fish Sticks, Tater Tots	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
		Mix Fruit, Spaghetti, Enr Roll	Apple Sauce,Enr. Bread	Carrots, Pineapple, Corn Chips	Egg Noodles, Mixed Veggies	Orange Slices, Enr. Roll	Alternates	1/2 Sv	1/2 Sv	1 Sv
PM Snack		Grape Juice, Vanilla Wafers	Banana, Dry Cereal	Juice, Grm Crackers	Grapes, Saltines	Rice Krispie Treat, Juice	Cereal or Gr	1/2 cu	1/3 cu	3/4 cu
							<b>AM Snack</b>			
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Milk	1/4 Cu	1/4 cu	1/2 Cu
		<b>10-Apr</b>	<b>11-Apr</b>	<b>12-Apr</b>	<b>13-Apr</b>	<b>14-Apr</b>	Juice, Veggi	1/2 Cu	1/2 cu	3/4 Cu
Breakfast		Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Yogurt	1/2 oz	1/2 oz	1 oz
AM Snack		Orange Slices, Cookie	Pineapple, Fruit Bar	Grapes, Wheat Thins	Bananas, Oatmeal Cookie	Strawberries, Yogurt	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Chicken Fajita, Soft Taco	Milk, Beef Lasagna, Mix. Cheeses	Milk, Homemade Mac & Cheese	Milk, Hamburger(Sloppy Joes	Milk, Cheese & Turkey Sand	Alternates	1/4 Cu	1/4 Cu	1/2 Cu
		Lettuce, Tomato, Applesauce	Salad, Peaches	Green Beans, Fresh Mixed Fruit	Tater Tots, Oranges, Enr. Roll	Carrots, Applesauce	<b>Lunch</b>			
PM Snack		Mozzarella Cheese,Ritz Crkrs	Apples, Vanilla Wafers	Juice, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Cookie	Milk	1/2 Cp	3-4 Cp	1 Cp
							Meat	1 Oz	1 1/2 Oz	2 Oz
							Bread	1/2 Sl	1/2 Sl	1 Slice
		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Pasta, Rice,	1/4 Cu	1/4 Cu	1/2 Cu
		<b>17-Apr</b>	<b>18-Apr</b>	<b>19-Apr</b>	<b>20-Apr</b>	<b>21-Apr</b>	Veggie	1/4 Cu	1/2 Cu	3/4 Cu
Breakfast		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Fruit	1/4 Cu	1/2 Cu	3/4 Cu
AM Snack		Grapes, Saltines	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	<b>PM Snack</b>			
Lunch		Milk, Beef Meatballs, Broccoli	Milk, Baked Chicken, Rice	Milk, Hamburger, Spaghetti	Beef Nachos, Cheese, Corn Chip	Milk, Chicken Nuggets, Enr. Brd	Milk	1/2 Cp	3-4 Cp	1 Cp
		Egg Noodles, Pineapple	Cooked Frozen Peas, Peaches	Green Beans, Grapes	Lettuce, Tomato, Oranges, Milk	French Fries, Mixed Veggies, Apple	Veggie or Fr	1/2 Cu	1/2 cu	3/4 Cu
PM Snack		Orange Slices, Muffin	Grape Juice, Saltines	Peaches, Granola Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	Protein Alte	1/2 Cu	1/2 cu	1 Oz
							Bread Altern	0.5	0.5	1
							Serve Whole Milk to Age 2 & Under Serve 1% Milk Only for age 2 and above. Must be Fluid Milk			
Breakfast		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Crackers & Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12)			
		<b>24-Apr</b>	<b>25-Apr</b>	<b>26-Apr</b>	<b>27-Apr</b>	<b>28-Apr</b>	Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served.			
AM Snack		Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar	Juice must be 100% Juice.			
		Apples, Cheese	Pineapple, Crackers	Banana, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar	Vegetable & Fruit can be served at lunch or 2 Vegetables but not 2 Fruits			
Lunch		Hamburger, Enr. Noodles,	Milk, Baked Chicken,Applesauce	Milk, Turkey & Cheese Sand.	Milk, Beef Hot Dogs, Enr Bun	Milk, Baked Chicken, Green Beans				
		Pineapple, Salad, Milk	Green Beans, Enr. Bread	Broccoli, Pineapple, Enr Brd	Mixed Veggies, Apples	Apple Slices, Enr.Bread				
PM Snack		Van. Wafers, Apples	Grape Juice, Crackers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Grapes, Rice Krispie Treat				

# May 2017 Menu

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Breakfast</b>	<b>A-1-2</b>	<b>A 3-5</b>	<b>A 6-12</b>
	<b>1-May</b>	<b>2-May</b>	<b>3-May</b>	<b>4-May</b>	<b>5-May</b>	Milk	1/2 Cp	3-4 Cp	1 Cp
Breakfast	Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Bread	1/2 Sl	1/2 Sl	1 Sl
AM Snack	Orange Slices, Cookie	Pineapple, Fruit Bar	Grapes, Wheat Thins	Bananas, Oatmeal Cookie	Strawberries, Yogurt	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
Lunch	Milk, Chicken Fajita, Soft Taco Lettuce, Tomato, Applesauce	Milk, Beef Lasagna, Mixed Cheese Salad, Peaches	Milk, Homemade Mac & Cheese Green Beans, Fresh Mixed Fruit	Milk, Hamburger(Sloppy Joes) Tater Tots, Oranges	Milk, Fish Sticks, Carrots, Apples	Alternates Cereal or Grains	1/2 Sv 1/2 cu	1/2 Sv 1/3 cu	1 Sv 3/4 cu
PM Snack	Mozzarella Cheese, Ritz Crkrs	Milk, Vanilla Wafers	Milk, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Cookie	<b>AM Snack</b>			
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Milk	1/4 Cu	1/4 cu	1/2 Cu
	<b>8-May</b>	<b>9-May</b>	<b>10-May</b>	<b>11-May</b>	<b>12-May</b>	Juice, Veggie, Fruit	1/2 Cu	1/2 cu	3/4 Cu
Breakfast	Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Yogurt	1/2 oz	1/2 oz	1 oz
AM Snack	Strawberries, Milk	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch	Milk, Beef Meatballs, Broccoli Egg Noodles, Pineapple	Milk, Baked Chicken, Rice Cooked Frozen Peas, Peaches	Milk, Hamburger, Spaghetti Green Beans, Grapes	Beef Nachos, Cheese, Milk Lettuce, Tomato, Oranges	Milk, Chicken Nuggets, Enr. Brd French Fries, Mixed Veggies, Apple	<b>Lunch</b>			
PM Snack	Milk, Muffin	Grape Juice, Saltines	Milk, Granola Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	Milk	1/2 Cp	3-4 Cp	1 Cp
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Meat	1 Oz	1 1/2 Oz	2 Oz
	<b>15-May</b>	<b>16-May</b>	<b>17-May</b>	<b>18-May</b>	<b>19-May</b>	Bread	1/2 Sl	1/2 Sl	1 Slice
Breakfast	Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar	Pasta, Rice, Noodle	1/4 Cu	1/4 Cu	1/2 Cu
AM Snack	Apples, Cheese	Pineapple, Crackers	Strawberries, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar	Veggie	1/4 Cu	1/2 Cu	3/4 Cu
Lunch	Hamburger, Noodles, Salad	Baked Chicken, Applesauce, Milk	Milk, Turkey & Cheese on Enr Br	Milk, Beef Hot Dogs, Enr Bun	Milk, Baked Chicken, Green Beans	Fruit	1/4 Cu	1/2 Cu	3/4 Cu
PM Snack	Pineapple, Milk	Green Beans, Enr. Bread	Broccoli, Pineapple	Mixed Veggies, Apples	Apple Slices, Enr Bread	<b>PM Snack</b>			
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	Milk	1/2 Cp	3-4 Cp	1 Cp
	<b>22-May</b>	<b>23-May</b>	<b>24-May</b>	<b>25-May</b>	<b>26-May</b>	Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu
Breakfast	Milk, Bananas, Pop Tart	Grapes, Fruit Bar, Milk	Milk, French Tst, Peaches	Milk, Pineapple, Oatmeal	Milk, Bananas, Cereal	Protein Alternate	1/2 Cu	1/2 cu	1 Oz
AM Snack	Grapes, Graham Crackers	Bananas, Animal Crackers	Strawberries, Yogurt	Milk, Apples	Blueberries, Muffin	Bread Alternate	0,5	0,5	1
Lunch	Milk, Fish Sticks, Tater Tots Orange Slices, Enr. Roll	Milk, Hamburger, Salad Mix Fruit, Spaghetti	Milk, Roast Chicken, Grn. Beans Apple Sauce, Enr Bread	Milk, Fish Fillet, French Fries, Peaches, Enr Roll	Chicken Nuggets, Tater Tots Pineapple, Roll, Milk				
PM Snack	Rise Krispie Treat, Milk	Grape Juice, Vanilla Wafers	Milk, Dry Cereal	Nachos, Cheese, Berry Juice	Apple Juice, Mozzarella Stick				
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Isaiah 63:9 In all their affliction He was afflicted and the Angel of His presence saved them; In His love and in His pity He redeemed them; and He bore them and carried them all the days of old.</b>					
	<b>29-May</b>	<b>30-May</b>	<b>31-May</b>						
Breakfast		Milk, Toast, Oranges	Milk, Cheese Toast, Banana						
AM Snack	<b>CLOSED IN OBSERVANCE</b>	Orange Slices, Crackers	Pineapple, Graham Crackers						
Lunch	<b>OF MEMORIAL DAY</b>	Milk, Hamburger, Spaghetti Green Beans, Grapes	Milk, Chicken Nuggets, Enr. Roll French Fries, Mixed Veggies, Apple						
PM Snack		Milk, Granola Bar	Cheese, Ritz Crackers						

## June 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions					
							Breakfast	A-1-2	A 3-5	A 6-12		
Breakfast		<b>Habakkuk 3:18 I will rejoice in the Lord, I will be joyful in God my Savior</b>					Milk	1/2 Cp	3-4 Cp	1 Cp		
AM Snack							Milk, Waffles, Grapes	Milk, Bananas, Pop Tart	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch							Milk, Meatballs, Peaches	Milk, Fish Sticks, Tater Tots	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
PM Snack							Egg Noodles, Broccoli	Orange Slices, Enr. Roll	Alternates	1/2 Sv	1/2 Sv	1 Sv
						Cereal or Grains	1/2 cu	1/3 cu	3/4 cu			
							<b>AM Snack</b>					
		Monday	Tuesday	Wednesday	Thursday	Friday	Milk	1/4 Cu	1/4 cu	1/2 Cu		
Breakfast		5-Jun	6-Jun	7-Jun	8-Jun	9-Jun	Juice, Veggie, Fruit	1/2 Cu	1/2 cu	3/4 Cu		
AM Snack		Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Cantaloupe, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Yogurt	1/2 oz	1/2 oz	1 oz		
Lunch		Orange Slices, Cookie	Pineapple, Fruit Bar	Grapes, Wheat Thins	Bananas, Oatmeal Cookie	Strawberries, Yogurt	Bread	1/2 Sl	1/2 Sl	1 Sl		
PM Snack		Milk, Chicken Fajita, Soft Taco	Milk, Beef Lasagna, Mixed Cheese	Milk, Homemade Mac & Cheese	Milk, Hamburger(Sloppy Joes)	Milk, Extra Cheese Pizza,	Alternates	1/4 Cu	1/4 Cu	1/2 Cu		
						Carrots, Apples	<b>Lunch</b>					
		Lettuce, Tomato, Applesauce	Salad, Peaches	Green Beans, Fresh Mixed Fruit	Tater Tots, Oranges, Enr. Roll	Mixed Berry Juice, Cookie	Milk	1/2 Cp	3-4 Cp	1 Cp		
		Mozzarella Cheese, Ritz Crkrs	Milk, Vanilla Wafers	Bananas, Graham Crackers	Apple Juice, Saltines		Meat	1 Oz	1 1/2 Oz	2 Oz		
							Bread	1/2 Sl	1/2 Sl	1 Slice		
		Monday	Tuesday	Wednesday	Thursday	Friday	Pasta, Rice, Noodles	1/4 Cu	1/4 Cu	1/2 Cu		
Breakfast		12-Jun	13-Jun	14-Jun	15-Jun	16-Jun	Veggie	1/4 Cu	1/2 Cu	3/4 Cu		
AM Snack		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Fruit	1/4 Cu	1/2 Cu	3/4 Cu		
Lunch		Strawberries, Milk	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	<b>PM Snack</b>					
PM Snack		Milk, Beef Meatballs, Broccoli	Milk, Baked Chicken, Rice	Milk, Hamburger, Spaghetti	Milk, Beef Nachos, Cheese, Corn Chip	Milk, Chicken Nuggets, Enr. Roll	Milk	1/2 Cp	3-4 Cp	1 Cp		
						French Fries, Mixed Veggies, Apple	Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu		
		Egg Noodles, Pineapple	Cooked Frozen Peas, Peaches	Green Beans, Grapes	Lettuce, Tomato, Oranges	Cheese, Ritz Crackers	Protein Alternate	1/2 Cu	1/2 cu	1 Oz		
		Muffin, Orange Slices	Grape Juice, Saltines	Granola Bar, 100% Juice	Apple Juice, Rice Krispie Treat		Bread Alternate	0.5	0.5	1		
							<b>Serve Whole Milk to Age 2 &amp; Under Serve 1% Milk Only for age 2 and above. Must be Fluid Milk Crackers &amp; Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12) Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice. Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b>					
		Monday	Tuesday	Wednesday	Thursday	Friday						
Breakfast		19-Jun	20-Jun	21-Jun	22-Jun	23-Jun						
AM Snack		Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar						
Lunch		Apples, Cheese	Pineapple, Crackers	Strawberries, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar						
PM Snack		Hamburger, Noodles, Salad	Milk, Baked Chicken, Applesauce	Milk, Turkey & Cheese Sand.	Milk, Beef Hot Dogs, Enr. Bun	Milk, Baked Chicken, Green Beans						
						Apple Slices, Bread						
		Pineapple, Milk	Green Beans, Enr. Bread	Broccoli, Pineapple	Mixed Veggies, Apples	Orange Juice, Rice Krispie Treat						
		Grapes, Cheriots	Grape Juice, Crackers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar							
		Monday	Tuesday	Wednesday	Thursday	Friday						
Breakfast		26-Jun	27-Jun	28-Jun	29-Jun	30-Jun						
AM Snack		Milk, Bananas, Cereal	Grapes, Fruit Bar, Milk	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Cheese Toast, Banana						
Lunch		Blueberries, Muffin	Bananas, Animal Crackers	Banana, Graham Crackers	Oranges, Cheese Its	Pineapple, Graham Crackers						
PM Snack		Chicken Nuggets, Tater Tots	Milk, Hamburger, Salad	Hamburger, Enr. Noodles, Salad	Milk, Beef Nachos, Cheese	Milk, Chicken Nuggets, Enr. Roll						
						French Fries, Mixed Veggies, Apple						
		Pineapple, Enr. Roll, Milk	Mix Fruit, Spaghetti	Pineapple, Milk	Lettuce, Tomato, Oranges, CornChips							
		Apple Juice, Mozzarella Stick	Grape Juice, Vanilla Wafers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Cheese, Ritz Crackers						

## July 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions			
		3-Jul	4-Jul	5-Jul	6-Jul	7-Jul	Breakfast	A-1-2	A 3-5	A 6-12
Breakfast		Milk, Oranges, Toast	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Milk	1/2 Cp	3-4 Cp	1 Cp
AM Snack		Oranges, Cheese Its	Pineapple, Fruit Bar	Grapes, Wheat Thins	Bananas, Oatmeal Cookie	Strawberries, Yogurt	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Beef Hot Dogs, Enr Bun	Milk, Beef Lasagna, Mixed Cheeses	Milk, Homemade Mac & Cheese	Milk, Hamburger(Sloppy Joes)	Milk, Extra Cheese Pizza,	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
		Mixed Veggies, Apples	Salad, Peaches	Green Beans, Fresh Mixed Fruit	Tater Tots, Oranges, Enr. Roll	Carrots, Apples	Alternates	1/2 Sv	1/2 Sv	1 Sv
PM Snack		Orange Juice, Granola Bar	Milk, Vanilla Wafers	Milk, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Cookie	Cereal or Grains	1/2 cu	1/3 cu	3/4 cu
							<b>AM Snack</b>			
		Monday	Tuesday	Wednesday	Thursday	Friday	Milk	1/4 Cu	1/4 cu	1/2 Cu
		10-Jul	11-Jul	12-Jul	13-Jul	14-Jul	Juice, Veggie, Fru	1/2 Cu	1/2 cu	3/4 Cu
Breakfast		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Yogurt	1/2 oz	1/2 oz	1 oz
AM Snack		Strawberries, Milk	Apples, Yogurt	Pears, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Beef Meatballs, Broccoli	Milk, Baked Chicken, Rice	Milk, Hamburger, Spaghetti	Milk, Beef Nachos, Cheese	Milk, Chicken Nuggets, Enr Brd	Alternates	1/4 Cu	1/4 Cu	1/2 Cu
		Egg Noodles, Pineapple	Cooked Frozen Peas, Peaches	Green Beans, Grapes	Lettuce, Tomato, Oranges, CornChip	French Fries, Mixed Veggies, Apple	<b>Lunch</b>			
PM Snack		Milk, Muffin	Grape Juice, Saltines	Milk, Granola Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	Milk	1/2 Cp	3-4 Cp	1 Cp
							Meat	1 Oz	1 1/2 Oz	2 Oz
		Monday	Tuesday	Wednesday	Thursday	Friday	Bread	1/2 Sl	1/2 Sl	1 Slice
		17-Jul	18-Jul	19-Jul	20-Jul	21-Jul	Pasta, Rice, Nood	1/4 Cu	1/4 Cu	1/2 Cu
Breakfast		Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar	Veggie	1/4 Cu	1/2 Cu	3/4 Cu
AM Snack		Apples, Cheese	Pineapple, Crackers	Strawberries, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar	Fruit	1/4 Cu	1/2 Cu	3/4 Cu
Lunch		Hamburger, Enr. Noodles, Salad	Milk, Baked Chicken, Applesauce	Milk, Turkey & Cheese on Enr Br	Milk, Beef Hot Dogs, Enr. Bun	Milk, Baked Chicken, Green Bean	<b>PM Snack</b>			
		Pineapple, Milk	Green Beans, Enr. Bread	Broccoli, Pineapple	Mixed Veggies, Apples	Apple Slices, Enr Bread	Milk	1/2 Cp	3-4 Cp	1 Cp
PM Snack		Milk, Apples	Grape Juice, Crackers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Orange Juice, Rice Krispie Treat	Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu
							Protein Alternate	1/2 Cu	1/2 cu	1 Oz
		Monday	Tuesday	Wednesday	Thursday	Friday	Bread Alternate	0.5	0.5	1
		24-Jul	25-Jul	26-Jul	27-Jul	28-Jul	<p><b>Serve Whole Milk to Age 2 &amp; Under</b> <b>Serve 1% Milk Only for age 2 and above. Must be Fluid Milk</b>  <b>Crackers &amp; Cookies</b> pieces to serve each age group. <b>Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12)</b>  <b>Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served.</b>  <b>Juice must be 100% Juice.</b>  <b>Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b></p>			
Breakfast		Milk, Bananas, Cereal	Grapes, Fruit Bar, Milk	Milk, French Tst, Pears	Milk, Pineapple, Oatmeal	Milk, Enr. Toast, Peaches				
AM Snack		Blueberries, Muffin	Bananas, Animal Crackers	Strawberries, Yogurt	Milk, Apples	Pineapple, Fruit Bar				
Lunch		Chicken Nuggets, Tater Tots	Milk, Hamburger, Salad	Milk, Roast Chicken, Grn. Beans	Milk, Fish Fillet, French Fries,	Milk, Beef Lasagna, Am. Cheese				
		Pineapple, Roll, Milk	Mix Fruit, Spaghetti	Apple Sauce, Bread	Peaches, Roll	Salad, Orange Slices				
PM Snack		Apple Juice, Mozzarella Stick	Grape Juice, Vanilla Wafers	Milk, Dry Cereal	Nachos, Cheese, Berry Juice	Milk, Vanilla Wafers				
		Monday	<p><b>Psalm 119:103 " How sweet are Your Words"</b></p>							
		31-Jul								
Breakfast		Milk, Toast, Oranges								
AM Snack		Orange Slices, Ritz Crackers								
Lunch		Milk, Turkey, Cheese, Enr. Brd								
		Green Beans, Grapes								
PM Snack		Apples, Nutri Grain Bar								

## August 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions			
		1-Aug	2-Aug	3-Aug	4-Aug	5-Aug	Breakfast	A-1-2	A-3-5	A-6-12
Breakfast		Milk, Apples, Cereal	Milk, Cheese Toast, Peaches	Milk, Waffles, Grapes	Milk, Bananas, Pop Tart	Milk	1/2 Cp	3-4 Cp	1 Cp	
AM Snack		Strawberries, Fruit Bar	Pineapple, Graham Crackers	Oranges, Cheese Its	Bananas, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl	
Lunch		Milk, Beef Nachos, Cheese Lettuce, Tomato, Oranges, Corn Chi	Milk, Chicken Nuggets, Enr. B French Fries, Mixed Vegies, Ar	Milk, Meatballs, Peaches Egg Noodles, Broccoli	Milk, Cheeseburger, Tater Tots Orange Slices, Enr. Roll	Fruit / Veg Alternates	1/4 Cu 1/2 Sv	1/2 Cu 1/2 Sv	1/2 Cu 1 Sv	
PM Snack		Orange Juice, Pop Tart	Cheese, Ritz Crackers	Berry Juice, Saltines	Apple Juice, Rice Krispie Treat	Cereal or Grains	1/2 cu	1/3 cu	3/4 cu	
							<b>AM Snack</b>			
Breakfast		Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Cantaloupe, Breakfast Ba	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Milk	1/4 Cu	1/4 cu	1/2 Cu
AM Snack		Orange Slices, Oatmeal Cookie	Bananas, NutriGrain Bar	Grapes, Gold fish	Bananas, Oatmeal Cookie	Strawberries, Yogurt	Juice, Veggie, Fruit	1/2 Cu	1/2 cu	3/4 Cu
Lunch		Milk, Chicken Fajita, Soft Taco Lettuce, Tomato, Applesauce	Milk, Fish Filet, Enr. Roll Corn, Peaches	Milk, Homemade Mac & Chee Green Beans, Fresh Mixed Fruit	Milk, Hamburger(Sloppy Joes) Tater Tots, Oranges, Enr Roll	Milk, Chicken Patty, Enr. Roll Carrots, Apples	Yogurt Alternates	1/2 oz 1/4 Cu	1/2 oz 1/4 Cu	1 oz 1/2 Cu
PM Snack		Mozzarella Cheese, Saltine Crkrs	Apple Juice, Vanilla Wafers	Graham Crackers, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Oatmeal Co	<b>Lunch</b> Meat	1/2 Cp 1 Oz	3-4 Cp 1 1/2 Oz	1 Cp 2 Oz
							Bread			
Breakfast		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Bread	1/2 Sl	1/2 Sl	1 Slice
AM Snack		Strawberries, Yougurt	Apples, Graham Crackers	Orange Slices, Ritz Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	Pasta, Rice, Noodles	1/4 Cu	1/4 Cu	1/2 Cu
Lunch		Milk, Beef Meatballs, Broccoli Egg Noodles, Pineapple	Milk, Baked Chicken, Rice Cooked Frozen Peas, Peaches	Milk, Hamburger, Spaghetti Green Beans, Grapes	Milk, Beef Nachos, Cheese Lettuce, Tomato, Oranges, Corn Chips	Milk, Chicken Nuggets, Enr. R French Fries, Mixed Vegies, Ap	Veggie Fruit	1/4 Cu 1/4 Cu	1/2 Cu 1/2 Cu	3/4 Cu 3/4 Cu
PM Snack		Apple Juice, Muffin	Grape Juice, Saltines	Berry Juice, NutriGrain Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	<b>PM Snack</b> Milk	1/2 Cp	3-4 Cp	1 Cp
							Veggie or Fruit			
							Protein Alternate			
							Bread Alternate			
Breakfast		Milk, Apples, Breakfast Bar	Milk, Oranges, Cereal	Milk, Bananas, Pancakes	Milk, Oranges, Toast	Milk, Pineapple, Breakfast Bar	<b>Serve Whole Milk to Age 2 &amp; Under</b> <b>Serve 1% Milk Only for age 2 and above. Must be Fluid Milk</b> <b>Crackers &amp; Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12)</b> <b>Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served.</b> <b>Juice must be 100% Juice.</b> <b>Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b>			
AM Snack		Strawberries, Yougurt	Peaches, Ritz Crackers	Bananas, Graham Crackers	Oranges, Cheese Its	Applesauce, NutriGrain Bar				
Lunch		Hamburger, Rice, Salad Pineapple, Milk	Milk, Baked Chicken, Applesauce Green Beans, Enr. Bread	Milk, Turkey & Cheese on Enr Broccoli, Pineapple	Milk, Beef Hot Dogs, French Fries, Apples	Milk, Baked Chicken, Green Be Applesauce, Enr Bread				
PM Snack		Oatmeal Cookies, Apples	Grape Juice, Vanilla Waffers	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Orange Juice, Rice Krispie Treat				
Breakfast		Milk, Bananas, Cereal	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Toast, Oranges	<b>Psalm 95:7 "He is our God and we are the people of His pasture, The flock under His care"</b>				
AM Snack		Bananas, Muffin	Apples, Graham Crackers	Orange Slices, Ritz Crackers	Orange Slices, Ritz Crackers					
Lunch		Chicken Nuggets, Tater Tots Pineapple, Roll, Milk	Milk, Baked Chicken, Rice Cooked Frozen Peas, Peaches	Milk, Hamburger, Spaghetti Green Beans, Grapes	Milk, Turkey, Cheese, Enr. Brd Green Beans, Grapes					
PM Snack		Apple Juice, Mozzarella Stick	Grape Juice, Saltines	Berry Juice, NutriGrain Bar	Apples, Nutri Grain Bar					

## September 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions				
Breakfast AM Snack Lunch PM Snack		<b>Matthew 19:14 Jesus said, "Let the children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these."</b>				1-Sep	Breakfast	A-1-2	A 3-5	A 6-12	
						Milk, Bananas, Pop Tart	Milk	1/2 Cp	3-4 Cp	1 Cp	
						Grapes, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl	
						Milk, Chicken Nuggets, Tator Tots Orange Slices, Enr. Roll	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu	
					Rice Krispie Treats, Orange Juice	Alternates	1/2 Sv	1/2 Sv	1 Sv		
						Cereal or Grain	1/2 cu	1/3 cu	3/4 cu		
							<b>AM Snack</b>				
Breakfast AM Snack Lunch PM Snack		Monday	Tuesday	Wednesday	Thursday	Friday	Milk	1/4 Cu	1/4 cu	1/2 Cu	
		4-Sep	5-Sep	6-Sep	7-Sep	8-Sep	Juice, Veggie, Fru	1/2 Cu	1/2 cu	3/4 Cu	
		Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Apples, Cereal	Milk, Waffle, Bananas		Yogurt	1/2 oz	1/2 oz	1 oz	
		CLOSED FOR LABOR DAY	Pineapple, Nutri Grain Bars	Grapes, Goldfish	Bananas, Oatmeal Cookie	Strawberries, Yogurt	Bread	1/2 Sl	1/2 Sl	1 Sl	
		Milk, Beef Lasagna, Mixed Cheese Salad, Peaches	Milk, Homemade Mac & Cheese Green Beans, Fresh Mixed Fruit	Milk, Hamburger(Sloppy Joes) Tater Tots, Oranges, Enr. Roll	Milk, Extra Cheese Pizza, Carrots, Apples	Alternates	1/4 Cu	1/4 Cu	1/2 Cu		
		Grape Juice, Vanilla Waffles	Animal Crackers, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Oatmeal Cookies	<b>Lunch</b>					
						Milk	1/2 Cp	3-4 Cp	1 Cp		
						Meat	1 Oz	1 1/2 Oz	2 Oz		
						Bread	1/2 Sl	1/2 Sl	1 Slice		
Breakfast AM Snack Lunch PM Snack		Monday	Tuesday	Wednesday	Thursday	Friday	Pasta, Rice, Noodl	1/4 Cu	1/4 Cu	1/2 Cu	
		11-Sep	12-Sep	13-Sep	14-Sep	15-Sep	Veggie	1/4 Cu	1/2 Cu	3/4 Cu	
		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Fruit	1/4 Cu	1/2 Cu	3/4 Cu	
		Strawberries, Yogurt	Apples, Goldfish	Orange Slices, Ritz Crackers	Grapes, Nutri Grain Bars	Pineapple, Graham Crackers	<b>PM Snack</b>				
		Milk, Beef Meatballs, Broccoli Egg Noodles, Pineapple	Milk, Baked Chicken, Rice Cooked Frozen Peas, Peaches	Milk, Hamburger, Spaghetti Green Beans, Grapes	Milk, Beef Nachos, Cheese Lettuce, Tomato, Oranges, Crn Chips	Milk, Chicken Nuggets, Enr. Brd French Fries, Mixed Veggies, Apple	Milk	1/2 Cp	3-4 Cp	1 Cp	
		Muffins, Mixed Berry Juice	Grape Juice, Saltines	Apples, Nutri Grain Bars	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu	
						Protein Alternate	1/2 Cu	1/2 cu	1 Oz		
						Bread Alternate	0.5	0.5	1		
Breakfast AM Snack Lunch PM Snack		Monday	Tuesday	Wednesday	Thursday	Friday	<b>Serve Whole Milk to Age 2 &amp; Under 1% Milk Only for age 2 and above. Must be Fluid Milk Crackers &amp; Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12) Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice. Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b>				
		18-Sep	19-Sep	20-Sep	21-Sep	22-Sep					
		Milk, Apples, Breakfast Bar	Milk, Pineapple, Cereal	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar					
		Apples, Cheese	Pineapples, Ritz Crackers	Peaches, Graham Crackers	Oranges, Cheese Its	Apple Sauce, Nutri Grain Bars					
		Hamburger, Noodles, Salad	Milk, Baked Chicken, Applesauce	Milk, Turkey & Cheese on Enr. Bread	Milk, Beef Hot Dogs, Enr. Bun	Milk, Baked Chicken, Green Beans					
		Pineapple, Milk	Green Beans, Enr. Bread	Broccoli, Pineapple	Mixed Veggies, Apples	Apple Slices, Enr. Bread					
		Animal Crackers, Grape Juice	Grape Juice, Saltines	Apple Juice, Goldfish	Orange Juice, Nutri Grain Bars	Orange Juice, Rice Krispie Treat					
Breakfast AM Snack Lunch PM Snack		Monday	Tuesday	Wednesday	Thursday	Friday					
		25-Sep	26-Sep	27-Sep	28-Sep	29-Sep					
		Milk, Bananas, Cereal	Grapes, Fruit Bar, Milk	Milk, French Tst, Peaches	Milk, Pineapple, Oatmeal	Milk, Oranges, Eng. Muffin					
		Bananas, Muffins	Mix Fruit, Animal Crackers	Strawberries, Yogurt	Poptarts, Apples	Pineapple, Trail Mix					
		Chicken Nuggets, Tater Tots	Milk, Hamburger, Salad	Milk, Roast Chicken, Grn. Beans	Milk, Fish Fillet, French Fries,	Milk, Hamburger Taco Bake, Cheese					
		Pineapple, Enr. Roll, Milk	Mix Fruit, Spaghetti	Apple Sauce, Enr. Bread	Peaches, Enr. Roll	Pineapple, Corn Chips, Carrots					
		Ritz Crackers, Mozzarella Stick	Grape Juice, Vanilla Wafers	Apple Juice, Dry Cereal	Nachos, Cheese, Berry Juice	Yogurt, Graham Crackers					

## October 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions			
		2-Oct	3-Oct	4-Oct	5-Oct	6-Oct	Breakfast	A-1-2	A 3-5	A 6-12
Breakfast		Milk, Waffles, Grapes	Milk, Grapes, Bagel, Cr. Cheese	Milk, Bananas, Cereal	Milk, Oranges, Toast	Milk, Applesauce, Breakfast Bar	Milk	1/2 Cp	3-4 Cp	1 Cp
AM Snack		Oranges, Cheese Its	Oranges, Goldfish	Peaches, Graham Crackers	Oranges, Cheese Its	Applesauce, Granola Bar	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Meatballs, Peaches	Milk, Chicken Patty, Enr Roll	Milk, Turkey & Cheese on Enr	Milk, Beef Hot Dogs, Enr. Bur	Milk, Baked Chicken, Green Beans	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
		Egg Noodles, Broccoli	Carrots, Grapes	Broccoli, Pineapple	Mixed Veggies, Apples	Apple Slices, Enr. Bread	Alternates	1/2 Sv	1/2 Sv	1 Sv
PM Snack		Apple Juice, Saltines	Mozzarella Sticks, Apple Ice	Apple Juice, Graham Crackers	Orange Juice, Granola Bar	Milk, Rice Krispie Treat	Cereal or Grains	1/2 cu	1/3 cu	3/4 cu
							<b>AM Snack</b>			
		Monday	Tuesday	Wednesday	Thursday	Friday	Milk	1/4 Cu	1/4 cu	1/2 Cu
		9-Oct	10-Oct	11-Oct	12-Oct	13-Oct	Juice, Veggie, Fruit	1/2 Cu	1/2 cu	3/4 Cu
Breakfast		Milk, Apples, Breakfast Bar	Milk, French Tst, Peaches	Milk, Oranges, Eng. Muffin	Milk, Waffles, Grapes	Milk, Bananas, Pop Tart	Yogurt	1/2 oz	1/2 oz	1 oz
AM Snack		Bananas, Animal Crackers	Strawberries, Yogurt	Pineapple, Trail Mix	Apples, Cheese Its	Grapes, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch		Milk, Hamburger, Salad	Milk, Roast Chicken, Grn. Beans	Milk, Taco Bake, Corn	Milk, Meatballs, Peaches	Milk, Fish Sticks, Tater Tots	Alternates	1/4 Cu	1/4 Cu	1/2 Cu
		Mix Fruit, Spaghetti	Apple Sauce, Enr. Bread	Pineapple, Corn Chips, Cheese	Egg Noodles, Mixed Veggies	Orange Slices, Enr. Roll	<b>Lunch</b>			
PM Snack		Grape Juice, Vanilla Wafers	Apple Juice, Dry Cereal	Yogurt, Grm Crackers	Orange Juice, Saltines	Rice Krispie Treat, Orange Juice	Milk	1/2 Cp	3-4 Cp	1 Cp
		Monday	Tuesday	Wednesday	Thursday	Friday	Meat	1 Oz	1 1/2 Oz	2 Oz
		16-Oct	17-Oct	18-Oct	19-Oct	20-Oct	Bread	1/2 Sl	1/2 Sl	1 Slice
Breakfast		Milk, Apples, Cereal	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Pasta, Rice, Noodles	1/4 Cu	1/4 Cu	1/2 Cu
AM Snack		Orange Slices, Cookie	Pineapple, Fruit Bar	Grapes, Gold Fish	Bananas, Oatmeal Cookie	Apple Slices, Yogurt	Veggie	1/4 Cu	1/2 Cu	3/4 Cu
Lunch		Milk, Chicken Strips, Enr. Bread	Milk, Beef Bologna, Am. Cheese	Milk, Homemade Mac & Cheese	Milk, Hamburger (Sloppy Joes)	Milk, Extra Cheese Pizza,	<b>PM Snack</b>			
		Green Beans, Applesauce	Enr. Bread, Corn, Peaches	Green Beans, Fresh Mixed Fruit	Tater Tots, Oranges, Enr. Roll	Apples, Salad	Milk	1/2 Cp	3-4 Cp	1 Cp
PM Snack		Mozzarella Cheese, Ritz Crkrs	Grape Juice, Vanilla Wafers	Graham Crackers, Bananas	Apple Juice, Saltines	Mixed Berry Juice, Cookie	Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu
		Monday	Tuesday	Wednesday	Thursday	Friday	Protein Alternate	1/2 Cu	1/2 cu	1 Oz
		23-Oct	24-Oct	25-Oct	26-Oct	27-Oct	Bread Alternate	0.5	0.5	1
Breakfast		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	<b>Serve Whole Milk to Age 2 &amp; Under</b> <b>Serve 1% Milk Only for age 2 and above. Must be Fluid Milk</b> <b>Crackers &amp; Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12)</b> <b>Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served.</b> <b>Juice must be 100% Juice.</b> <b>Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b>			
AM Snack		Strawberries, Milk	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers				
Lunch		Milk, Beef Meatballs, Broccoli	Milk, Baked Chicken, Rice	Milk, Hamburger, Spaghetti	Milk, Turkey Slices	Milk, Chicken Nuggets, Oranges				
		Egg Noodles, Pineapple	Cooked Frozen Peas, Peaches	Green Beans, Grapes	Cooked Carrots, Applesauce	French Fries, Mixed Veggies, Enr				
PM Snack		Bananas, Muffin	Grape Juice, Saltines	Berry Juice, Nutri Grain Bars	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers				
		Monday	Tuesday				<b>Psalm 9:2 The People Walking In Darkness Have Seen a Great Light.</b>			
		30-Oct	31-Oct							
Breakfast		Milk, Apples, Breakfast Bar	Milk, Waffles, Grapes							
AM Snack		Apples, Cheese	Oranges, Cheese Its							
Lunch		Hamburger, Enr. Noodles, Salad	Milk, Chicken, Peaches							
		Pineapple, Milk	Egg Noodles, Mixed Veggies							
PM Snack		Milk, Rice Krispie Treat	Saltines, Apple Juice							

## November 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions					
Breakfast AM Snack Lunch PM Snack				1-Nov Milk, Oranges, Eng. Muffin Pineapple, Trail Mis	2-Nov Milk, Waffles, Grapes Oranges, Cheese Its	3-Nov Milk, Bananas, Pop Tart Grapes, Graham Crackers	<b>Breakfast</b>	<b>A-1-2</b>	<b>A 3-5</b>	<b>A 6-12</b>		
				Milk, Hamburger Taco Bake, Ch	Milk, Meatballs, Peaches	Milk, Fish Sticks, Tater Tots	Milk	1/2 Cp	3-4 Cp	1 Cp		
				Pineapple, Carrots, Corn Chips	Egg Noodles, Mixed Veggies	Orange Slices, Enr. Roll	Bread	1/2 Sl	1/2 Sl	1 Sl		
				Yogurt, Grm Crackers	Milk, Saltines	Rice Krispie Treat, Milk	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu		
							Alternates	1/2 Sv	1/2 Sv	1 Sv		
							Cereal or Grains	1/2 cu	1/3 cu	3/4 cu		
							<b>AM Snack</b>					
							Milk	1/4 Cu	1/4 cu	1/2 Cu		
Breakfast AM Snack Lunch PM Snack				6-Nov Milk, Apples, Cereal	7-Nov Milk, Enr. Toast, Peaches	8-Nov Milk, Bananas, Breakfast Bar	9-Nov Milk, Grapes, Cereal	10-Nov Milk, Waffle, Bananas	Juice, Veggie, Fruit	1/2 Cu	1/2 cu	3/4 Cu
				Oranges, Animal Crackers	Pineapple, Fruit Bar	Grapes, Goldfish	Bananas, Oatmeal Cookie	Graham Crackers, Yogurt	Yogurt	1/2 oz	1/2 oz	1 oz
				Milk, Chicken Fajita, Soft Tac	Milk, Beef Lasagna, Mixed Chee	Milk, Homemade Mac & Cheese	Milk, Hamburger(Sloppy Joes	Milk, Turkey & Cheese on Enr	Bread	1/2 Sl	1/2 Sl	1 Sl
				Lettuce, Tomato, Applesauce	Salad, Peaches	Green Beans, Fresh Mixed Fruit	Tater Tots, Oranges, Enr. Roll	Broccoli, Pineapple	Alternates	1/4 Cu	1/4 Cu	1/2 Cu
							<b>Lunch</b>					
							Milk	1/2 Cp	3-4 Cp	1 Cp		
							Meat	1 Oz	1 1/2 Oz	2 Oz		
							Bread	1/2 Sl	1/2 Sl	1 Slice		
							Pasta, Rice, Noodles	1/4 Cu	1/4 Cu	1/2 Cu		
							Veggie	1/4 Cu	1/2 Cu	3/4 Cu		
							Fruit	1/4 Cu	1/2 Cu	3/4 Cu		
							<b>PM Snack</b>					
							Milk	1/2 Cp	3-4 Cp	1 Cp		
							Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu		
							Protein Alternate	1/2 Cu	1/2 cu	1 Oz		
							Bread Alternate	0.5	0.5	1		
Breakfast AM Snack Lunch PM Snack				13-Nov Milk, Pineapple, Muffin	14-Nov Milk, Applesauce, Dry Cereal	15-Nov Milk, Bagels, Oranges	16-Nov Milk, Apples, Cereal	17-Nov Milk, Cheese Toast, Banana	<b>Deuteronomy 8:10 Praise the Lord your God for the good land He has given you.</b>  Serve Whole Milk to Age 2 & Under Milk Only for age 2 and above. Must be Fluid Milk Crackers & Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12) Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice. Vegetable & Fruit can be served at lunch or 2 Vegetables but not 2 Fruits			
				Trail Mix, Milk	Peaches, Yogurt	Oranges, Ritz Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers				
				Milk, Beef Meatballs, Broccoli	Milk, Baked Chicken, Rice	Milk, Hamburger, Spaghetti	Milk, Beef Nachos, Cheese	Milk, Chicken Nuggets, Enr Br				
				Egg Noodles, Pineapple	peaches	Green Beans, Grapes	Lettuce, Tomato, Oranges, Crn C	French Fries, Mixed Veggies, Ai				
							<b>PM Snack</b>					
							Milk	1/2 Cp	3-4 Cp	1 Cp		
							Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu		
							Protein Alternate	1/2 Cu	1/2 cu	1 Oz		
							Bread Alternate	0.5	0.5	1		
Breakfast AM Snack Lunch PM Snack				20-Nov Milk, Applesauce, Breakfast B	21-Nov Milk, Pineapple, Cereal	22-Nov Milk, Bananas, English Muffins	23-Nov CLOSED FOR THANKSGIVING	24-Nov CLOSED FOR THANKSGIVING	<b>Deuteronomy 8:10 Praise the Lord your God for the good land He has given you.</b>  Serve Whole Milk to Age 2 & Under Milk Only for age 2 and above. Must be Fluid Milk Crackers & Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12) Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice. Vegetable & Fruit can be served at lunch or 2 Vegetables but not 2 Fruits			
				Apples, Cheese	Pineapples, Ritz Crackers	Milk, Graham Crackers						
				Hamburger, Noodles, Salad	Milk, Turkey and Cheese, Enr. B	Milk, Extra Cheese Pizza,						
				Pineapple, Milk	Green beans, Applesauce	Apples, Carrots						
							<b>PM Snack</b>					
							Milk	1/2 Cp	3-4 Cp	1 Cp		
							Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu		
							Protein Alternate	1/2 Cu	1/2 cu	1 Oz		
							Bread Alternate	0.5	0.5	1		
Breakfast AM Snack Lunch PM Snack				27-Nov Milk, Bananas, Cereal	28-Nov Grapes, Fruit Bar, Milk	29-Nov Milk, Apples, Cereal	30-Nov Milk, French Tst, Peaches	<b>Deuteronomy 8:10 Praise the Lord your God for the good land He has given you.</b>  Serve Whole Milk to Age 2 & Under Milk Only for age 2 and above. Must be Fluid Milk Crackers & Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12) Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served. Juice must be 100% Juice. Vegetable & Fruit can be served at lunch or 2 Vegetables but not 2 Fruits				
				Blueberries, Muffin	Bananas, Animal Crackers	Grapes, Fruit Bar	Strawberries, Yogurt					
				Beef Lasagna, Salad,	Milk, Hamburger, Salad	Milk, Beef Nachos, Cheese	Milk, Roast Chicken, Grn. Beans					
				Pineapples, Milk	Mix Fruit, Spaghetti	Lettuce, Tomato, Oranges, Crn C	Apple Sauce, Enr. Bread					
							<b>PM Snack</b>					
							Milk	1/2 Cp	3-4 Cp	1 Cp		
							Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu		
							Protein Alternate	1/2 Cu	1/2 cu	1 Oz		
							Bread Alternate	0.5	0.5	1		

## December 2017 Menu

		Monday	Tuesday	Wednesday	Thursday	Friday	Serving Ages Group & Portions			
						1-Dec	Breakfast	A-1-2	A 3-5	A 6-12
Breakfast	<b>Luke 19:38 Peace In Heaven And Glory In The Highest</b>					Milk, Bananas, Pop Tart	Milk	1/2 Cp	3-4 Cp	1 Cp
AM Snack						Grapes, Graham Crackers	Bread	1/2 Sl	1/2 Sl	1 Sl
Lunch						Milk, Fish Sticks, Tater Tots	Fruit / Veg	1/4 Cu	1/2 Cu	1/2 Cu
						Orange Slices, Enr. Roll	Alternates	1/2 Sv	1/2 Sv	1 Sv
PM Snack						Rice Krispie Treats, Milk	Cereal or Grains	1/2 cu	1/3 cu	3/4 cu
							<b>AM Snack</b>			
		Monday	Tuesday	Wednesday	Thursday	Friday	Milk	1/4 Cu	1/4 cu	1/2 Cu
Breakfast		4-Dec	5-Dec	6-Dec	7-Dec	8-Dec	Juice, Veggie, Fruit	1/2 Cu	1/2 cu	3/4 Cu
AM Snack		Milk, Apples, Breakfast Bar	Milk, Enr. Toast, Peaches	Milk, Bananas, Breakfast Bar	Milk, Grapes, Cereal	Milk, Waffle, Bananas	Yogurt	1/2 oz	1/2 oz	1 oz
Lunch		Bananas, Animal Crackers	Pineapple, Fruit Bar	Grapes, Goldfish	Oatmeal Cookies, Grapes	Graham Crackers, Yogurt	Bread	1/2 Sl	1/2 Sl	1 Sl
PM Snack		Milk, Chicken Alfredo, Salad	Milk, Beef Lasagna, Mixed Chees	Milk, Homemade Mac & Chees	Milk, Hamburger(Sloppy Joes)	Milk, Chicken Nuggets, Enr. Brd	Alternates	1/4 Cu	1/4 Cu	1/2 Cu
		Mixed fruit	Salad, Peaches	Green Beans, Fresh Mixed Fruit	Tater Tots, Oranges, Enr. Roll	Apples, Carrots	<b>Lunch</b>			
		Grape Juice, Vanilla Wafers	Vanilla Wafers, Apple Juice	Bananas, Yogurt	Apple Juice, Saltines	Berry Juice, Poptarts	Milk	1/2 Cp	3-4 Cp	1 Cp
							Meat	1 Oz	1 1/2 Oz	2 Oz
		Monday	Tuesday	Wednesday	Thursday	Friday	Bread	1/2 Sl	1/2 Sl	1 Slice
Breakfast		11-Dec	12-Dec	13-Dec	14-Dec	15-Dec	Pasta, Rice, Noodles	1/4 Cu	1/4 Cu	1/2 Cu
AM Snack		Milk, Pineapple, Muffin	Milk, Applesauce, Dry Cereal	Milk, Toast, Oranges	Milk, Apples, Cereal	Milk, Cheese Toast, Banana	Veggie	1/4 Cu	1/2 Cu	3/4 Cu
Lunch		Trail mix, Pineapples	Apples, Yogurt	Orange Slices, Crackers	Grapes, Fruit Bar	Pineapple, Graham Crackers	Fruit	1/4 Cu	1/2 Cu	3/4 Cu
PM Snack		Milk, Beef Meatballs, Broccoli	Milk, Baked Chicken, Rice	Milk, Hamburger, Spaghetti	Milk, Beef Nachos, Cheese	Milk, Chicken Nuggets, Enr. Roll	<b>PM Snack</b>			
		Egg noodles, Peaches	Peas, Mixed Fruit	Green beans, Applesauce	Lettuce, Tomato, Oranges, Corn C	French Fries, Mixed Vegies, Apple	Milk	1/2 Cp	3-4 Cp	1 Cp
		Milk, Muffin	Grape Juice, Saltines	Milk, Granola Bar	Apple Juice, Rice Krispie Treat	Cheese, Ritz Crackers	Veggie or Fruit	1/2 Cu	1/2 cu	3/4 Cu
							Protein Alternate	1/2 Cu	1/2 cu	1 Oz
		Monday	Tuesday	Wednesday	Thursday	Friday	Bread Alternate	0.5	0.5	1
Breakfast		18-Dec	19-Dec	20-Dec	21-Dec	22-Dec	<b>Serve Whole Milk to Age 2 &amp; Under Serve 1% Milk Only for age 2 and above. Must be Fluid Milk</b>			
AM Snack		Milk, Apples, Breakfast Bar	Milk, Cereal, Bananas	Milk, Bananas, Cereal	Milk, Pancakes, Mixed Fruit	Milk, Bananas, Cereal	<b>Crackers &amp; Cookies pieces to serve each age group. Exp: Vanilla Wafers (5 pieces age 1-2, 5 pieces age 3-5, 9 pieces age 6-12)</b>			
Lunch		Apples, Cheese	Pineapples, Ritz Crackers	Bananas, Christmas Cookies	Mixed Fruit, Fruit Bars	Bananas, Muffins	<b>Only Enriched Bread, Muffins, Crackers, Flour, Etc can be served.</b>			
PM Snack		Hamburger, Noodles, Salad	Milk, Baked Chicken , Applesauc	Milk, Extra Cheese Pizza,	Milk, Chicken Nuggets, French Fr	Meat Balls, Mashed Potatoes	<b>Juice must be 100% Juice.</b>			
		Pineapple, Milk	Green Beans, Enr. Bread	Carrots, Apples	Peaches, Enr Roll	Pineapple, Roll, Milk	<b>Vegetable &amp; Fruit can be served at lunch or 2 Vegetables but not 2 Fruits</b>			
		Animal Crackers, Apple Juice	Grape Juice, Crackers	Apple Juice, Graham Crackers	Nachos, Cheese, Berry Juice	Apple Juice, Pretzels				
		Monday	Tuesday	Wednesday	Thursday	Friday				
Breakfast		25-Dec	26-Dec	27-Dec	28-Dec	29-Dec				
AM Snack		Grapes, Fruit Bar, Milk	Milk, French Tst, Peaches	Milk, Pineapples, Pancakes	Milk, Oranges, Eng. Muffin					
Lunch		<b>Closed For Christmas</b>	Animal Crackers, Milk	Graham Crackers, Yogurt	Apples, Cheez-its	Oranges, Trail Mix				
PM Snack			Milk, Hamburger, Salad	Milk, Roast Chicken, Grn. Beans	Milk, Meatballs, Egg Noodles	Milk, Beef Taco, Cm. Chips, Cheese				
			Mix Fruit, Spaghetti	Apple Sauce, Enr. Bread	Peaches, Broccoli	lettuce, tomatoes, Mixed fruit				
			Grape Juice, Vanilla Wafers	Milk, Dry Cereal	Nachos, Cheese, Berry Juice	Yogurt, Grm Crackers				