

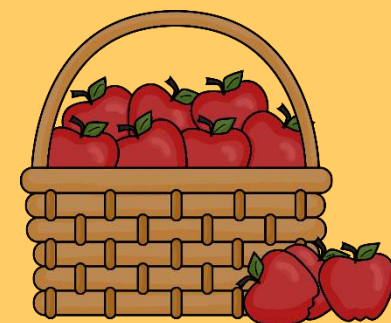



September 2024-Breakfast

Monday		Tuesday		Wednesday		Thursday		Friday	
 Closed	2	Milk	3	Milk	4	Milk	5	Milk	6
		Blueberries Yogurt		Pineapples Low Sugar Cereal		Pears Waffles		Grapes Low Sugar Cereal	
Milk Banana Low Sugar Cereal	9	Milk	10	Milk	11	Milk	12	Milk	13
		Mixed Fruit French Toast		Peaches Low Sugar Cereal		Pineapples Cheese Slice English Muffin		Mixed Berries Low Sugar Cereal	
Milk Peaches Low Sugar Cereal	16	Milk	17	Milk	18	Milk	19	 <small>Trust-Based Relational Intervention</small> Beach Babies Child Care Professional Development Day Beach Babies Closed	20
		Pineapples Egg Patty WGR Biscuit		Mixed Fruit Low Sugar Cereal		Apple Slices Applesauce (One Year Olds) Cheese Slice Turkey Sausage WGR Tortilla Wrap			
Milk Mixed Fruit Low Sugar Cereal	23	Milk	24	Milk	25	Milk	26	Milk	27
		Apple Slices Applesauce (One Year Olds) Blueberry Muffins		Pears Low Sugar Cereal		Applesauce Pancakes		Pears Low Sugar Cereal	
Milk Tropical Fruit Salad Low Sugar Cereal	30								

COMPONENT (Serve Milk, Grains, Vegetables or Fruit)	AGES 1-2		AGES 3-5		AGES 6-18	
Milk	½ cup		¾ cup		1 cup	
Vegetables/Fruit or Both	¼ cup		½ cup		½ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.
<p><i>*Must serve all 3 components for a reimbursable meal.</i></p> <p><i>*Whole milk (age 1); 1% or Fat Free (2 through 12)</i></p> <p><i>*Meat and meat alternatives may be served in place of the entire grains component at breakfast a maximum of 3 times per week.</i></p> <p><i>*At least 1 serving per day, across all eating occasions, must be whole grain-rich. A serving of grains must be whole-grain rich, enriched meal, or enriched flour.</i></p> <p><i>*Low Sugar Cereal (Rice Krispies, Corn Flakes, Rice Chex, Cheerios)</i></p>						



September 2024-Lunch

Monday		Tuesday		Wednesday		Thursday		Friday	
 Closed	2	Milk	3	Milk	4	Milk	5	Milk	6
		Baked Beans Applesauce Diced Chicken WGR Dinner Roll		Green Beans Mixed Fruit Yogurt WGR MaxStix Mozzarella Marinara Sauce		Chicken Noodle Soup w/Carrots Cantaloupe Grilled Cheese on Wheat Bread		Veggie Broccoli Bites Peaches Ham & Cheese Slice WGR Tortilla Wrap	
Milk Sweet Potato Tots Applesauce Beef Patty Whole Wheat Hamburger Roll	9	Milk	10	Milk	11	Milk	12	Milk	13
		Corn Orange Slices Mandarin Oranges (One Year Olds) Chicken Fajita WGR Tortilla		Green Beans Mixed Fruit Ham Slice WGR Macaroni & Cheese		Mashed Potatoes Mixed Vegetables Ground Beef w/gravy (Shepherd's Pie) Wheat Dinner Roll		Cooked Carrots Orange Slices Mandarin Oranges (One Year Olds) Cheese Slice Soy Butter & Jelly Whole Wheat Bread	
Milk Green Beans Mixed Fruit Chicken Nuggets Egg Noodles	16	Milk	17	Milk	18	Milk	19	 <small>Trust-Based Relational Intervention</small> Beach Babies Child Care Professional Development Day Beach Babies Closed	
		Baked Beans Applesauce Diced Chicken WGR Dinner Roll		Green Beans Peaches Yogurt WGR Cheese Pizza		Tater Tots Pears Chicken Patty Whole Wheat Hamburger Roll			
Milk Sweet Potato Tots Applesauce Beef Patty Wheat Hamburger Roll	23	Milk	24	Milk	25	Milk	26	Milk	27
		Mash Potatoes Corn Orange Slices Mandarin Oranges (One Year Olds) Turkey Meatballs w/gravy WGR Dinner Roll		Mixed Vegetables Mandarin Oranges Diced Chicken w/Teriyaki Sauce WGR Brown Rice		Green Beans Peaches Ground Beef w/spaghetti sauce WGR Macaroni Noodles WGR Garlic Toast		Veggie Broccoli Bites Peaches Ham & Cheese Slice WGR Tortilla Wrap	
Milk Broccoli Pineapples Turkey Meatballs w/Spaghetti Sauce WGR Spaghetti Noodles	30								





COMPONENT (Serve all 5)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		¾ cup		1 cup	
Vegetables	½ cup		½ cup		¾ cup	
Fruit	1/8 cup		¼ cup		½ cup	
Meat/Meat Alternatives	1 oz.		1 ½ oz.		2 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

**Must serve all five Components for a reimbursable meal.*



September 2024-snack

Monday		Tuesday		Wednesday		Thursday		Friday	
 Closed	2	Water Watermelon WGR Rice Cakes	3	Water Turkey Slice Cheese Slice WGR Tortilla	4	Water Apple Slices Applesauce (One Year Olds) WGR Soft Pretzel/WGR Hard Pretzel	5	Water Turkey Beef Sticks Cheese Sticks (One Year Olds) WGR Saltine Crackers	6
	9		10		11		12		13
Water Pears Cheez-itz		Water Cheese Slice Savory Wheat Bites		Water Tropical Fruit Salad Animal Crackers		Water Apple Slices Applesauce (One Year Olds) WGR Soft Pretzel/WGR Hard Pretzel		Water Peaches WGR Goldfish	
Water Pineapples Yogurt	16	Water Watermelon WGR Rice Cakes	17	Carrots Cooked Carrots (One Year Olds) Ritz Crackers	18	Water Apple Slices Applesauce (One Year Olds) WGR Soft Pretzel/WGR Hard Pretzel	19	 <small>Trust-Based Relational Intervention</small> Beach Babies Child Care Professional Development Day Beach Babies Closed	20
Water Pears Cheez-itz	23	Water Mixed Fruit Graham Crackers	24	Water Tropical Fruit Salad Animal Crackers	25	Water Apple Slices Applesauce (One Year Olds) WGR Soft Pretzel/WGR Hard Pretzel	26		Water Turkey Beef Sticks Cheese Sticks (One Year Olds) WGR Saltine Crackers
Water Applesauce Goldfish	30								



COMPONENT (Serve 2 of the 5 components)	AGES 1-2		AGES 3-5		AGES 6-12	
Milk	½ cup		½ cup		1 cup	
Vegetables	¼ cup		¼ cup		¾ cup	
Fruit	½ cup		½ cup		¾ cup	
Meat/Meat Alternatives	½ oz.		½ oz.		1 oz.	
Grains	½ serving	½ oz. eq.	½ serving	½ oz. eq.	1 serving	1 oz. eq.

*Two of the five components for a reimbursable snack.
 *If no milk or juice is served, water must be offered.

