

Toddler and Pre-School Menu

WEEK 1 AM SNACK	Monday	Tuesday	Wednesday	Thursday	Friday
Component 1	STRING CHEESE – 1 EA	OATMEAL BAR – 1 EA	GRAHAM CRACKERS – 4 EA	ANIMAL CRACKERS – 1 PKG	VANILLA GOLDFISH – 1 PKG
Component 2	MIXED TROPICAL FRUIT–1/2 C	MANGOES– 1/2 C	STRAWBERRIES – 1/2 C	MIXED TROPICAL FRUIT – 1/2 C	PINEAPPLE – 1/2 C
Toddler Portioning	SAME	SAME	SAME	SAME	SAME

BREAKFAST

Bread/Grain	RAISIN BRAN - 1/3 C	WAFFLE - 1	RICE KRISPIES -1/3C	ENGLISH MUFFIN -1/2, EGG PATTY -1	CORN FLAKES - 1/3 C
Fruit	MANDARIN ORANGES - 1/2 C	APPLESAUCE - 1/2 C	FRESH SEASONAL FRUIT ½ C	FRESH SEASONAL FRUIT ½ C	FRESH SEASONAL FRUIT 1/2 C
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C

LUNCH

Protein	CHICKEN NUGGETS 4 PCS	CHEF SALAD HARDBOILED EGG ½ EA CHICKEN .5 OZ SHREDDED CHEESE .5 OZ	TURKEY SAUSAGE LINKS 2 EA	SALISBURY STEAK 1 EA	STUFFED CHEESE PIZZA 1 EA
Vegetable	REFRIED BEANS 1/4 C	ROMAINE LETTUCE 1/2 C	COOKED CARROTS 1/4 C	MASHED POTATOES 1/4 C	GREEN BEANS 1/4 C
Fruit	FRUIT COCKTAIL 1/4 C	PEARS 1/4 C	BANANA 1/4 C	PEACHES 1/4 C	APPLESAUCE 1/4 C
Bread/Rice/Pasta	BREADING FROM NUGGETS	W.G. DINNER ROLL 1/2 EA	W.G. FRENCH TOAST STICKS 2 EA	W.G. DINNER ROLL 1/2 EA	PIZZA CRUST
Condiments	BBQ SAUCE 1 TBSP	LITE FRENCH DRESSING 1 TBSP BUTTER 1 EA		BUTTER 1 EA	
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ
Toddler Substitute		PEAS IN PLACE OF LETTUCE			

PM SNACK

Component 1	GOLDFISH CRACKERS -1/3 C	VANILLA WAFERS – 6 EA	YOGURT – 1/4 C	GARDETTO'S SNACK MIX – 1/3 C	PRETZELS – 1/3 C
Component 2	MILK – 4 OZ	MILK – 4 OZ	CHEERIOS - 1/3C	MILK – 4 OZ	W.B CARROTS – 1/2 C
Toddler Portion	SAME	SAME	SAME	GOLDFISH CRACKERS – 1/3 C	STRING CHEESE – 1 EA, PRETZELS – 1/3 C

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AM Snack 7:30am-8:00am

Breakfast 9:30am-10:00am

Lunch 11:45am-12:30pm

PM Snack 3:00pm-4:45pm

Toddler and Pre-School Menu

WEEK 2 AM SNACK Monday Tuesday Wednesday Thursday Friday

Component 1	STRING CHEESE - 1	VANILLA GOLDFISH – 1 PKG	CINNAMON GRAHAMS – 1PKG	CHEEZ ITS – 1 PKG	STRAWBERRY CHEX – 1 PKG
Component 2	MIXED TROPICAL FRUIT–1/2 C	MANGOES– 1/2 C	STRAWBERRIES – 1/2 C	MIXED TROPICAL FRUIT – 1/2 C	PINEAPPLE – 1/2 C
Toddler Portioning	SAME	SAME	SAME	SAME	SAME

BREAKFAST

Bread/Grain	FRENCH TOAST STICKS -2 EA	CHEERIOS - 1/3 C	BAGEL – 1 EA , CC - ½ OZ	RAISIN BRAN - 1/3C	BISQUIT – 1 EA, BUTTER – 1 EA
Fruit	APPLESAUCE -1/2 C	PEARS - 1/2 C	FRESH SEASONAL FRUIT 1/2C	FRESH SEASONAL FRUIT 1/2C	FRESH SEASONAL FRUIT 1/2C
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C

LUNCH

Protein	NACHOS = 1/2 C DIP TACO MEAT 1 OZ CHEESE .5 OZ	CHICKEN BREAST 1 EA	SLOPPY JOE – 2OZ	CHEESE BREAD STICK 1 EA	CHICKEN CORN DOG 1 EA
Vegetable	BLACK BEANS 1/4 C (IN DIP)	SWEET POTATOES 1/4 C	GREEN BEANS 1/4 C	W.B. CARROTS 1/4 C	BROCCOLI 1/4 C
Fruit	PEARS 1/4 C	PEACHES 1/4 C	ORANGE 1/4 C	APPLE 1/4 C	FRUIT COCKTAIL 1/4 C
Bread/Rice/Pasta	TORTILLA CHIPS – 10 EA	W.G. HAMBURGER BUN	W.G BUN	BREADSTICK	W.G. CORN DOG BREADING
Condiments	SALSA 1 TBSP	BBQ SAUCE 1 TBSP		VEGETABLE DIP 1 TBSP MARINARA 2 TBSP	VEGETABLE DIP 1 TBSP CONDIMENTS
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ
Toddler Substitute			MANDARIN ORANGES FOR ORANGES	COOKED CARROTS FOR RAW APPLES	

PM SNACK

Component 1	GRAHAM CRACKERS – 4 EA	COTTAGE CHEESE – 1/4 C	MINI PRETZELS 1/3 C	OATMEAL BAR - 1 EA	LEMON SQUARES – 1 EA
Component 2	MILK – 4 OZ	TOWNHOUSE CRACKERS – 4 EA	CARROTS – 1/2 C	MILK - 4 OZ	MILK – 4 OZ
Toddler Portion	SAME	SAME	STRING CHEESE – 1 EA, PRETZELS – 1/3 C	SAME	SAME

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PM Snack 3:00pm-4:45pm

Toddler and Pre-School Menu

WEEK 3 AM SNACK Monday Tuesday Wednesday Thursday Friday

Component 1	OATMEAL BAR – 1 EA	ANIMAL CRACKERS – 1 PKG	GRAHAM CRACKERS – 4 EA	CHEEZ ITS – 1 PKG	HONEY OAT GOLDFISH – 1 PKG
Component 2	MANDARIN ORANGES –1/2 C	MANGOES – 1/2 C	STRAWBERRIES – 1/2 C	MIXED TROPICAL FRUIT – 1/2 C	PINEAPPLE – 1/2 C
Toddler Portioning	SAME	SAME	SAME	SAME	SAME

BREAKFAST

Bread/Grain	LIFE CEREAL - 1/3 C	PANCAKE – 1 EA	RICE KRISPIES -1/3C	BAGEL 1, CC ½ OZ	CHEERIOS - 1/3C
Fruit	PEACHES - 1/2 C	APPLESAUCE - 1/2 C	FRESH SEASONAL FRUIT 1/2 C	FRESH SEASONAL FRUIT 1/2 C	FRESH SEASONAL FRUIT 1/2 C
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C

LUNCH

Protein	SPAGHETTI 1 C	HOT DOG 1 EA	MEATBALLS - 5 EA	CHICKEN AND NOODLE 1 C	BEAN & BEEF BURRITO 1 EA
Vegetable	PEAS 1/4 C	SWEET POTATO FRIES 1/4 C	GREEN BEANS 1/4 C	BROCCOLI 1/4 C	CONFETTI BEAN SALAD 1/4 C
Fruit	APPLESAUCE 1/4 C	FRUIT COCKTAIL 1/4 C	BANANA 1/4 C	PEACHES 1/4 C	PEARS 1/4 C
Bread/Rice/Pasta	PASTA 1/2 C	W.G. BUN 1 EA	W.G. BUN 1 EA	PASTA	W.G. BUN 1 EA
Condiments			HOT MARINARA SAUCE 1/8 C	VEGETABLE DIP 1 TBSP	BURRITO SHELL
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ
Toddler Substitute					

PM SNACK

Component 1	MEDLEY CRACKERS – 4 EA	TOWNHOUSE CRACKERS – 4 EA	GOLDFISH CRACKERS – 1/3 C	MINI PRETZELS - 1/3 C	OATMEAL BAR - 1 EA
Component 2	CHEESE CUBES – 4 EA	COTTAGE CHEESE 1/4 C	MILK – 4 OZ	CHEESE SLICE - 1 PIECE	MILK - 4 OZ
Toddler Portion	SAME	SAME	SAME	SAME	SAME

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PM Snack 3:00pm-4:45pm

Toddler and Pre-School Menu

WEEK 4 AM SNACK Monday Tuesday Wednesday Thursday Friday

Component 1	CINNAMON GRAHAMS - 1 PKG	VANILLA GOLDFISH – 1 PKG	STRAWBERRY CHEX – 1 PKG	STRING CHEESE – 1 EA	CHEEZE ITS – 1 PKG
Component 2	PINEAPPLE– 1/2 C	MANGOES – 1/2 C	STRAWBERRIES – 1/2 C	MIXED TROPICAL FRUIT – 1/2 C	PINEAPPLE – 1/2 C
Toddler Portioning	SAME	SAME	SAME	SAME	SAME

BREAKFAST

Bread/Grain	FRENCH TOAST STICKS – 2 EA	RICE CHEX - 1/3 C	MUFFIN – 1 EA	CORN FLAKES - 1/3C	ENGLISH MUFFIN – 1/2 EA CHEESE SLICE – 1 EA
Fruit	APPLESAUCE - 1/2 C	MANDARIN ORANGES -1/2 C	FRESH SEASONAL FRUIT 1/2 C	FRESH SEASONAL FRUIT 1/2 C	FRESH SEASONAL FRUIT 1/2 C
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C	MILK -4 OZ,F -1/4C,CER-1/4C	MILK-4OZ, F-1/4C

LUNCH

Protein	TACOS – 1 EA MEAT – 1 OZ CHEESE - .5 OZ	CHICKEN LEG 1 EA	HAMBURGER – 1 EA	MAC AND CHEESE WITH HAM 1 C	MINI QUESADILLA 3 EA
Vegetable	BLACK BEANS 1/4 C	ROMAIN SALAD - 1/2 C	COOKED CARROTS 1/4 C	GREEN BEANS 1/4 C	CORN 1/4 C
Fruit	FRUIT COCKTAIL 1/4 C	APRICOTS 1/4 C	ORANGE 1/4 C	APPLE 1/4 C	PEARS 1/4 C
Bread/Rice/Pasta	TORTILLA SHELL 1 EACH	BREADING FROM CHICKEN	W.G. BUN	PASTA 1/2 C	BREADING FROM WEDGES
Condiments	SALSA 1 TBSP	POPPY SEED DRESSING 1 TBSP	CONDIMENTS		SALSA 1 TBSP
Milk	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ	MILK - 6 OZ
Toddler Portioning	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ	F- 1/8 C, V-1/8 C, MILK 4 OZ
Toddler Substitute		PEAS FOR LETTUCE	MANDARIN ORANGES FOR ORANGES	APPLESAUCE FOR APPLES	

PM SNACK

Component 1	MEDLEY CRACKERS - 4 EA	YOGURT - 1/4 C	GARDETTO'S SNACK MIX – 1/3 C	CINNAMON SQUARES 1 EA	GRAHAM CRACKERS – 4 PCS
Component 2	CHEESE CUBES – 4 EA	CHEERIOS - 1/3 C	MILK – 4 OZ	MILK – 4 OZ	MILK – 4 OZ
Toddler Portion	SAME	SAME	GOLDFISH CRACKERS – 1/3 C	SAME	SAME

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