

Mini University

Type	Component	Minimum Serving			Date: 12/10/18	Date: 12/11/18	Date: 12/12/18	Date: 12/13/18	Date: 12/14/18
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Juice, fruit Or vegetable	1/4 cup	1/2 cup	1/2 cup	Tropical Fruit Salad	Fresh Oranges	Diced Mango & Pineapple	Sliced Apples Applesauce (Infants)	Bananas
	Grains/Breads Dry cereal	1/2 slice 1/4 cup 1/3 oz.	1/2 slice 1/3 cup 1/2 oz.	1 slice 3/4 cup 1 oz.	Corn Chex Cereal	French Toast		Whole Grain Bagel	Whole Wheat Toast
	Other:						Ham & Cheese Omelet	Cream Cheese	Wow Butter
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Tuna Casserole	Ground Beef Patty Cheddar Cheese	Gouda Cheese Cubes	Diced Chicken	Chicken Tenders
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Whole Grain Pasta	Wheat Bun	Cracked Wheat Roll	Brown Rice	Buttered Whole Grain Pasta
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Brussel Sprouts	Mashed Potatoes	"Homemade" Cream of Broccoli Soup	Far East Vegetable Blend	Prince Charles Vegetable Blend
	Fruit	1/8 cup	1/4 cup	1/4 cup	Whole Cranberry Sauce	Citrus Fruit Salad	Diced Peaches	Mandarin Oranges	Diced Strawberries
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other:				Vegetarian: Cheese Ravioli	Vegetarian: Garden Burger			Vegetarian: Veggie Sausage Patty
Snack (select 2)	Milk, fluid	1/2 cup	1/2 cup	1 cup					
	Juice, fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	Whole Wheat Soft Pretzels		Four Berry Blend Fruit	Prince & Princess Salad	Sliced Pears
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup		Chex Mix	Oat Bran Muffin	Pita Bread	Vanilla Wafers
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Cheese Slice Chef's Choice	Hard Boiled Egg			
	Other:				Water	Water	Water	Water	Water