

Mini University

Weekly Menu Week #1 Fall & Winter

Type	Component	Minimum Serving			Date: 4/1/19	Date: 4/2/19	Date: 4/3/19	Date: 4/4/19	Date: 4/5/19
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	Fresh Cantaloupe	Bananas	Tropical Fruit	Diced Peaches	Fresh Blueberries
	Grains/Breads Dry cereal	1/2 slice 1/4 cup or 1/3 oz.	1/2 slice 1/3 cup or 1/2 oz.	1 slice 3/4 cup or 1 oz.	Biscuits	Cornflakes	Oatmeal	Whole Wheat Bagel	Cream of Wheat
					Pork Sausage Gravy			Cream Cheese	
Lunch	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Homemade Chicken Alfredo	Roast Beef & Swiss Cheese	Grilled American Cheese Tortilla	Diced Chicken	Baked Fish Patty & Cheddar Cheese Slice
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	1/2 slice 1/4 cup	1 slice 1/2 cup	Rotini Pasta	Whole Wheat Bread	Whole Wheat Tortilla	Fried Rice with Egg	Whole Wheat Bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Cucumber Slices	Homemade Tomato Soup	Peas	Coleslaw
	Fruit	1/8 cup	1/4 cup	1/4 cup	Mandarin Oranges	Fresh Strawberries	Apple Slices Applesauce (infants)	Diced Pears	Pineapple Tidbits
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other:				Vegetarian: Rotini with shredded mozzarella cheese & black beans	Ranch Dip made w/Yogurt Vegetarian: add extra Swiss cheese		Vegetarian: Add extra Fried Egg to rice rather than chicken	Vegetarian: Kellogg's- Gardenburger (Kroger)
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			Hummus	Michigan Blend Fruit Mix	Homemade Toasty Treats ®
	Grains/Breads/ Dry Cereal	1/2 slice 1/4 cup	1/2 slice 1/3 cup	1 slice 3/4 cup	Graham Crackers	Wheat Thins	Pretzels		Whole Wheat English Muffin
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.	Strawberry Yogurt	Gouda Cheese Cubes	Cheddar Cheese Slice	Banana Bread Squares	Shredded Mozzarella Cheese
	Other:				Water	Water	Water	Water	Water