

Mini University

Weekly Menu Week #3 Spring & Summer edited 5.2018

Type	Component	Minimum Serving			11/5/18	11/6/18	11/7/18	11/8/18	11/9/18
Breakfast		1 & 2 years	3 - 5 years	6 - 12 years	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk, fluid	1/2 cup-4 oz.	3/4 cup-6oz.	1 cup-8oz.	Milk	Milk	Milk	Milk	Milk
	Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup	Applesauce	Bananas	Pear Slices Diced Pears (infants)	Cranberry Orange Relish Salad	Blueberries
	Grains	½ slice ¼ cup or ½ serv.	½ slice 1/3 cup or ½ serv.	1 slice ¼ cup or 1 serv.	Whole Grain Pancakes	Cheerios	Turkey Sausage & Gravy Breakfast Pizza	Mixed Grains	Oatmeal
	Meat or Meat Alternate	1 oz.	1 ½ oz.	2 oz.					
	Other:								
Lunch	Milk, fluid	1/2 cup-4 oz.	3/4 cup-6oz.	1 cup-8oz.	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate	1 oz.	1 1/2 oz.	2 oz.	Beef Meat Balls	Chicken & Colby Cheese	Beef Crumbles with Taco Seasoning Shredded Cheddar Cheese	Sliced Tomato & Mozzarella Cheese	Cheese Pizza
	Grains	1/2 slice 1/4 cup or ½ serv.	1/2 slice 1/4 cup or ½ serv.	1 slice 1/2 cup or 1 serv.	Whole Grain Rotini Pasta	Croissant	Whole Grain Tortilla	Whole Grain English Muffin	Whole Grain Pizza Crust
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Marinara Sauce Italian Green Beans	Cucumbers	Shredded Lettuce Salsa	Carrot & Celery Sticks Steamed Carrots (infants)	Fresh Romaine Salad
	Fruit	1/8 cup	1/4 cup	1/4 cup	Diced Peaches	Orange Slices Mandarin Oranges (infants)	Cantaloupe & Honeydew	Bananas	Tropical Fruit
	Other:				Vegetarian: Chef's Choice Cheese Cubes instead of meatballs	Vegetarian: Extra Cheese served in place of turkey	Vegetarian: Black beans instead of beef crumbles		Ranch Dressing
Snack (select 2)	Milk, fluid	1/2 cup-4oz.	1/2 cup-4oz.	1 cup-8oz.					
	Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup	Watermelon	Red Grapes Cut Grapes for Inf/Todd	Pineapple	Raspberries	
	Grains	1/2 slice 1/4 cup or ½ serv.	1/2 slice 1/4 cup or ½ serv.	1 slice 1/2 cup or 1 serv.	Harvest Cheddar Sun Chips (individual bags)	Blueberry/Lemon Muffin			Junior Trail Mix ®
	Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.			Cottage Cheese	Vanilla Greek Yogurt	Cheddar Cheese Cubes
	Other:				Water	Water	Water	Water	Water