

# Kiddie Campus Menu

## Week 1

\* Whole Milk served to Toddlers (T), 1% to Preschoolers (P), Need 1 ½ gallon soy per week

<b>Breakfast</b> Serve all 3 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	milk
<b>Vegetable/Fruit</b>	bananas	pears	oranges scrambled eggs	blueberries	mandarin oranges
<b>Grains/Bread</b>	Cheerios cereal, original	oatmeal	100% whole wheat toast	Wheat Chex cereal	bagel

<b>Lunch</b> Serve all 5 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	milk
<b>Vegetable/Fruit</b>	mashed potatoes	spinach	scallop potatoes	cooked carrots	broccoli (in casserole)
<b>Vegetable/Fruit</b>	peas	peaches	pineapples	pears	apples
<b>Grains/Bread</b>	whole wheat bread	macaroni (in casserole)	dinner rolls	egg noodles	rice, broccoli , cheese casserole
<b>Meats</b>	meatloaf/ gravy	homemade mac &cheese	diced baked ham	Swedish meatballs	diced grilled chicken
<b>Veggie Substitutions</b>			2(P) veggie nuggets		

<b>Snack</b> Serve 2 of the 4 components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>		milk			milk
<b>Vegetable/Fruit</b>	apples		cucumber slices ranch dip	apple juice	
<b>Grains/Bread</b>	chex mix	teddy grams	saltine crackers	wheat crackers	zucchini bread
<b>Meats</b>				cheese sticks	
<b>Water</b>	water		water		

Effective fall semester 2013

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## Week 2

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<b>Breakfast</b> Serve all 3 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	milk
<b>Vegetable/Fruit</b>	fresh berries	home fries	peaches	bananas	apples
<b>Grains/Bread</b>	pancakes	scrambled eggs w/ cheese, toast	english muffin	Cheerios cereal	oatmeal

<b>Lunch</b> Serve all 5 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	milk
<b>Vegetable/Fruit</b>	applesauce	peas	pineapples	melon	pears
<b>Vegetable/Fruit</b>	zucchini	squash	vegetable stir fry	cucumber slices vegetable soup	romaine tossed salad
<b>Grains/Bread</b>	stuffed shells	corn bread stuffing	brown rice	wheat Bread	rice pilaf
<b>Meats</b>	ricotta cheese (in shells)	roasted turkey	sweet & sour chicken	egg/tuna salad	chicken cordon bleu
<b>Veggie Substitution</b>		2(T) yogurt			1(P) cheese sandwich

<b>Snack</b> Serve 2 of the 4 components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>					milk
<b>Vegetable/Fruit</b>		mandarin oranges	grape juice	cranberry Juice	
<b>Grains/Bread</b>	pita bread		bread sticks tomato dipping sauce	goldfish crackers	banana bread
<b>Meats</b>	hummus	cottage cheese			
<b>Water</b>	water	water			

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## Week 3

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<b>Breakfast</b> Serve all 3 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	milk
<b>Vegetable/Fruit</b>	peaches	oranges	blueberries	oranges	bananas
<b>Grains/Bread</b>	bagel	egg and cheese burrito	pancakes	breakfast pizza	Cheerios

<b>Lunch</b> Serve all 5 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	1% milk
<b>Vegetable/Fruit</b>	applesauce	diced red beets	mixed veggies (in stir fry)	zucchini	peas
<b>Vegetable/Fruit</b>	broccoli	sweet potato fries	pineapples	pears	tomato soup
<b>Grains/Bread</b>	fettuccini alfredo	bun	brown rice	baked ziti w/ ricotta cheese & mozzarella	wheat bread (sandwich)
<b>Meats</b>	fish nuggets	cheeseburgers	chicken veggie stir fry	meatballs	grilled cheese sandwich
<b>Veggie Substitution</b>		1(T) black bean burger			

<b>Snack</b> Serve 2 of the 4 components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>					milk
<b>Vegetable/Fruit</b>	cranberry juice	cantaloupe			
<b>Grains/Bread</b>	ritz crackers		saltine crackers	graham crackers	corn muffin
<b>Meats</b>	cheese sticks	vanilla yogurt	deviled eggs		
<b>Water</b>		water	water	juice	

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## Week 4

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<b>Breakfast</b> Serve all 3 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	milk
<b>Vegetable/Fruit</b>	peaches	bananas	berries	home fries	melon
<b>Grains/Bread</b>	oatmeal	Cheerios	waffles	scrambled eggs/ toast	english muffins

<b>Lunch</b> Serve all 5 required components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk	milk	milk	milk	milk
<b>Vegetable/Fruit</b>	pears	apples	peaches	carrots (in pie)	applesauce
<b>Vegetable/Fruit</b>	fresh salsa	cooked carrots	cole slaw	peas (in pie)	vegetable soup
<b>Grains/Bread</b>	Spanish rice	bun	bun	biscuits	wheat bread (in sandwich)
<b>Meats</b>	bean & cheese buritto	chicken patty	fish patty	turkey & veggie pot pie	grilled cheese
<b>Veggie Substitution</b>		1(T) veggie pattie			

<b>Snack</b> Serve 2 of the 4 components	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Milk</b>	milk				milk
<b>Vegetable/Fruit</b>		grape juice	apple juice	cranberry juice	
<b>Grains/Bread</b>	mini muffins	garlic pizza	yogurt	goldfish crackers	saltine crackers
<b>Meats</b>					tuna fish with mayo
<b>Water</b>					

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