



# Menu

**Lunch at Southern Hills location & doesn't usually apply to other locations.**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Week 1</b>	WG Cereal, Fruit, Milk	Bread/Jelly, Fruit, Milk	WG Cereal, Fruit, Milk	WG Graham Crackers, Fruit, Milk	WG Cereal, Fruit, Milk
<b>Breakfast Snack</b>					
<b>Lunch</b>	Meatballs, Mashed Potatoes, Peaches, Bread, Milk	WG Chicken Nuggets, Fries, Apples (Applesauce), Bread, Milk	Turkey Sausage Pizza, Corn (Green Beans for Infants), Pears, Milk	Chicken Patty, Applesauce, Green Beans, Milk	WG French Toast sticks, Sausage, Tri-Tators, Mandarin Oranges, Milk
<b>PM Snack</b>	String Cheese, Apples, Water	WG Bagel w/Cream Cheese, Fruit, Water	Goldfish Crackers, Yogurt, Water	Carrots/Ranch, (WG Cereal) String Cheese, Water	WG Tortilla Chips, (Goldfish Crackers) Salsa, Fruit, Water
<b>Week 2</b>	WG Cereal, Fruit, Milk	Bread/Jelly, Fruit, Milk	WG Cereal, Fruit, Milk	Goldfish Crackers, Fruit, Milk	WG Cereal, Fruit, Milk
<b>Breakfast Snack</b>					
<b>Lunch</b>	Chicken Fried Steak, Mashed Potatoes, Gravy, Peaches, Milk	Hamburger on a Bun, Apples (Applesauce), Fries, Milk	Pizza Sticks/Marinara, Carrots w/Ranch, Mixed Fruit, Milk	Rib Patty on Bun, peas, pears, Milk	WG Chicken Strips, Green Beans, Peaches, Milk
<b>PM Snack</b>	WG Bagel w/Cream Cheese, Apples, Water	WG Cereal, Fruit, Milk	Goldfish Crackers, Fruit, Water	WG Soft Pretzel, Yogurt, Water	WG Tortilla Chips, (Goldfish Crackers) Salsa, Fruit, Water

\*Menu selections may change based on availability of produce and other considerations.

\*Substitutions for special diet needs will be made when possible. Please talk to the program office for details.

\*Whole milk for age 1 year; 1% milk for ages 2 and older.

\*WG = Whole Grain

\*Food items in parenthesis are the Toddler alternative.

**Week 1 Menu is used on the following weeks:** 1/9/23, 1/23/23, 2/6/23, 2/20/23, 3/6/23, 3/20/23, 4/3/23, 4/17/23, 5/1/23, 5/15/23, 5/29/23, 6/12/23, 6/26/23, 7/10/23, 7/24/23, 8/7/23, 8/21/23, 9/4/23, 9/18/23, 10/2/23, 10/16/23, 10/30/23, 11/13/23, 11/27/23, 12/11/23, 12/25/23

**Week 2 Menu is used on the following weeks:** 1/2/23, 1/16/23, 1/30/23, 2/13/23, 2/27/23, 3/16/23, 3/27/23, 4/10/23, 4/24/23, 5/8/23, 5/22/23, 6/5/23, 6/19/23, 7/3/23, 7/17/23, 7/31/23, 8/14/23, 8/28/23, 9/11/23, 9/25/23, 10/9/23, 10/23/23, 11/6/23, 11/20/23, 12/4/23, 12/18/23