

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Special K Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Special K Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Round Crackers / Cheese Cubes	2 Crackers / 2-3 cubes	
		Plus	Round Crackers / Cheese Cubes / Fresh Fruit	2 Crackers / 2-3 cubes	
Tuesday	AM	Standard	Morning Round	1 Round	
		Plus	Morning Round / Mango Applesauce	1 Round / 4 Tbsp	
	PM	Standard	Spice Snaps / Peach Yogurt	3 Biscuits / 90 ml	
		Plus	Spice Snaps / Peach Yogurt / Fresh Fruit	3 Biscuits / 90 ml	
Wednesday	AM	Standard	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Lemon Blueberry Loaf / Fresh Fruit	1 Muffin	
		Plus	Whole Wheat Lemon Blueberry Loaf / Fresh Fruit / Edamame	1 Muffin / 2 Tbsp	
Thursday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Whole Wheat Breadsticks / Hummus	8 sticks / 2 Tbsp	
		Plus	Whole Wheat Breadsticks / Hummus / Baby Carrots	8 sticks / 2 Tbsp / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
Friday	AM	Standard	Vanilla Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Tea Biscuits
		Plus	Vanilla Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	2 Tea Biscuits
	PM	Standard	Whole Wheat Bread / Cheddar Cheese Slice	1 slice / 1 slice	
		Plus	Whole Wheat Bread / Cheddar Cheese Slice / Cucumber Slices	1 slice / 1 slice / 2-3 Cucumber Slices	2-3 Peeled Slices

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Javaneh Slice / Cheese Cubes	1 slice / 2-3 cubes	
		Plus	Javaneh Slice / Cheese Cubes / Fresh Fruit	1 slice / 2-3 cubes	
Tuesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Fresh Fruit	1 Bar	
	PM	Standard	Whole Wheat Digestive Cookie / Fresh Fruit	2 Cookies	
		Plus	Whole Wheat Digestive Cookie / Fresh Fruit / Vanilla Yogurt	2 Cookies / 90 ml	
Wednesday	AM	Standard	Corn Flakes Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Corn Flakes Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Banana Loaf / Applesauce	1 Slice (1 loaf = 10 portions) / 4 Tbsp	
		Plus	Whole Wheat Banana Loaf / Applesauce / Edamame	1 Slice (1 loaf = 10 portions) / 4 Tbsp / 2 Tbsp	
Thursday	AM	Standard	Overnight Oats	1/3 cup	
		Plus	Overnight Oats / Fresh Fruit	1/3 cup	
	PM	Standard	Cocoa Snaps / Baby Carrots	8 snaps / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Cocoa Snaps / Baby Carrots / Hummus	8 snaps / 2-3 Baby Carrots / 2 Tbsp	2-3 Blanched Baby Carrots
Friday	AM	Standard	Whole Wheat Summer Berry Muffin	1 Muffin	
		Plus	Whole Wheat Summer Berry Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Oatmeal Round / Cucumber Slices	1 Round / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices
		Plus	Oatmeal Round / Cucumber Slices / Cheese Curds	1 Round / 2-3 Cucumber Slices / 2-3 curds	

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Monday	AM	Standard	Special K Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Special K Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit	1 Pack	Organic Gluten-Free Whole Grain Strawberry Granola Bar
		Plus	Organic Gluten-Free Whole Grain Mixed Berry Granola Minis / Fresh Fruit / Vanilla Yogurt	1 Pack / 90 ml	Organic Gluten-Free Whole Grain Strawberry Granola Bar
Tuesday	AM	Standard	Whole Wheat Mini Bagel / Cream Cheese	1 Bagel / 1 Tbsp	
		Plus	Whole Wheat Mini Bagel / Cream Cheese / Fresh Fruit	1 Bagel / 1 Tbsp	
	PM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Berry Applesauce	1 Bar / 4 Tbsp	
Wednesday	AM	Standard	Strawberry Yogurt / Whole Grain Granola	90 ml / 1 Tbsp	2 Tea Biscuits
		Plus	Srawberry Yogurt / Whole Grain Granola / Fresh Fruit	90 ml / 1 Tbsp	2 Tea Biscuits
	PM	Standard	Lemon Blueberry Loaf / Cucumber Slices	1 Slice (1 loaf = 10 portions) / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices
		Plus	Lemon Blueberry Loaf / Cucumber Slices / Cheese Curds	1 Slice (1 loaf = 10 portions) / 2-3 Cucumber Slices / 2-3 curds	
Thursday	AM	Standard	Multigrain Cheerios Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Multigrain Cheerios Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Digestive Cookies / Fresh Fruit	2 Cookies	
		Plus	Whole Wheat Digestive Cookies / Fresh Fruit / Hardboiled Egg	2 Cookies / 1 Egg	
Friday	AM	Standard	Whole Wheat Cocoa Zucchini Muffin	1 Muffin	
		Plus	Whole Wheat Cocoa Zucchini Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	English Muffin / Mozzarella Slice	1/2 English Muffin / 1 slice	
		Plus	English Muffin / Mozzarella Slice / Grape Tomatoes	1/2 English Muffin / 1 slice / 3 Grape Tomatoes	

			Menu Selection	Preschool / School Age	Infant / Toddler
Monday	AM	Standard	Rice Krispies Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Rice Krispies Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Vanilla Owl Cookies / Fresh Fruit	8 Cookies	
		Plus	Vanilla Owl Cookies / Fresh Fruit / Peach Yogurt	8 Cookies / 90 ml	
Tuesday	AM	Standard	Banana Oatmeal Bar	1 Bar	
		Plus	Banana Oatmeal Bar / Applesauce	1 Bar / 4 Tbsp	
	PM	Standard	Soda Crackers / Guacamole	4 Crackers / 2 Tbsp	
		Plus	Soda Crackers / Guacamole / Cheese Curds	4 Crackers / 2 Tbsp / 2-3 curds	
Wednesday	AM	Standard	Whole Wheat Pancake / Mango Fruit Puree	1 Pancake / 1 Tsp	
		Plus	Whole Wheat Pancake / Mango Fruit Puree / Fresh Fruit	1 Pancake / 1 Tsp	
	PM	Standard	Oatmeal Cranberry Round / Fresh Fruit	1 Round	
		Plus	Oatmeal Cranberry Round / Fresh Fruit / Harboiled Egg	1 Round / 1 Egg	
Thursday	AM	Standard	Whole Wheat Summer Berry Muffin	1 Muffin	
		Plus	Whole Wheat Summer Berry Muffin / Fresh Fruit	1 Muffin	
	PM	Standard	Pretzel Bun / White Cheese Slice	1/2 Bun / 1 Slice	
		Plus	Pretzel Bun / White Cheese Slice / Cucumber Slices	1/2 Bun / 1 Slice / 2-3 Cucumber Slices	2-3 Peeled Cucumber Slices
Friday	AM	Standard	Corn Chex Cereal / Milk	1/2 Cup / 90 ml	
		Plus	Corn Chex Cereal / Milk / Fresh Fruit	1/2 Cup / 90 ml	
	PM	Standard	Whole Wheat Banana Loaf / Baby Carrots	1 Slice (1 loaf = 10 portions) / 2-3 Baby Carrots	2-3 Blanched Baby Carrots
		Plus	Whole Wheat Banana Loaf / Baby Carrots / Hummus	1 Slice (1 loaf = 10 portions) / 2-3 Baby Carrots / 2 Tbsp	2-3 Blanched Baby Carrots