



# JUST US KIDS MENU



October 3-7, 2022

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym
<b>BREAKFAST</b>																				
Milk	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
Fruit/vegetable	Mandarin oranges	¼ c	½ c	½ c	Melon Mix	¼ c	½ c	½ c	Strawberries	¼ c	½ c	½ c	Blueberries	¼ c	½ c	½ c	Sliced Peaches	¼ c	½ c	½ c
Grain (or meat/ meat alt 3/wk)	Multigrain Cheerios	¾ c	¾ c	1 ¼ c	WG Waffles	½ ea	1 ea	1 ea	WG Blueberry Muffin	½ ea	1 ea	1 ea	Strawberry Yogurt	½ ea	1 ea	1 ea	Cinnamon Life cereal	½ c	½ c	1 c
<b>LUNCH</b>																				
Milk	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
Meat/meal alt.	Chicken Nuggets	2 ea	2 ea	3 ea	Beef and Cheese Tacos	1 oz	1 ½ oz	2 oz	Beef Patty's	½ ea	1 ea	1 ea	Cod Sticks	1 ea	2 ea	2 ea	Breaded Mozzarella Sticks	3 ea	4 ea	5 ea
Fruit	Peaches	1/8 c	¼ c	¼ c	Banana	¼ ea	½ ea	½ ea	Applesauce	1/8 c	¼ c	¼ c	Pears	1/8 c	¼ c	¼ c	Pineapple	1/8 c	¼ c	¼ c
Vegetable	Corn	1/8 c	¼ c	½ c	Green Beans	1/8 c	¼ c	½ c	Carrots	1/8 c	¼ c	½ c	Peas	1/8 c	¼ c	½ c	Mixed Vegetables	1/8 c	¼ c	½ c
Grain	WG Breading Included				Tortilla	½ ea	1 ea	1 ea	WG Bun	½ ea	1 ea	1 ea	WG Breading Included				WG Breading Included			
Additional Protein									Cheese Slices	½ ea	1 ea	1 ea								
<b>PM SNACK</b>																				
(choose two):																				
Beverage	Milk	½ c	½ c	1 c	Water	½ c	½ c	1 c	Milk	½ c	½ c	1 c	Water	½ c	½ c	1 c	Milk	½ c	½ c	1 c
Fruit					Vegetable Cracker	4 ea	4 ea	7 ea	Maple Waffle Graham	½ pkg	1 pkg	1 pkg	Mixed Fruit Goldfish	½ c ½pkg	½ c 1 pkg	¾ c 1 pkg	Apple Cinnamon Bear	½ pkg	1 pkg	1 pkg
Vegetable					String Cheese	½ ea	½ ea	1 ea												
Grain	Cinnamon Bug Bites	½ pkg	1 pkg	1 pkg																
Additional protein																				

Water is always available and offered throughout the day.

- |   |                                      |
|---|--------------------------------------|
| <u>Milk</u>                                   | <u>Key</u>                           |
| 1 year olds: Whole, unflavored                | WG = whole grain or whole grain rich |
| 2-5 year olds: 1% or skim, unflavored         | HM = homemade                        |
| 6 years +: 1% or skim, flavored or unflavored | CN = child nutrition label           |

*This institution is an equal opportunity provider.*

Effective: October 2017



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Water is always available and offered throughout the day.

Milk

1 year olds: Whole, unflavored  
2-5 year olds: 1% or skim, unflavored  
6 years +: 1% or skim, flavored or unflavored

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# JUST US KIDS MENU



October 10-14, 2022

	MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym
<b>BREAKFAST</b>																				
Milk	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
Fruit/vegetable Grain (or meat/ meat alt 3/wk)	Mandarin Oranges Rice Chex cereal Cheerios C1 & C2 only	¼ c ½ c ½ c	½ c ½ c	½ 1 c	Strawberries Blueberry Yogurt	¼ c ½ ea	½ c 1 ea	½ c 1 ea	Mango Chunks WG French Toast Sticks	¼ c ½ ea	½ c 1 ea	½ c 1 ea	Michigan Fruit WG Apple Cinnamon Muffin	¼ c ½ ea	½ c 1 ea	½ c 1 ea	Sliced Peaches Cheerios	¼ c ¾ c	½ c ¾ c	½ c 1 ¼ c
<b>LUNCH</b>																				
Milk	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
Meat/meal alt.	<b>Breaded Chicken Patty</b>	½ ea	1 ea	1 ea	<b>Macaroni and Cheese</b>	1 oz	1 ½ oz	2 oz	<b>Meatballs w/Marinara</b>	2 ea	3 ea	3 ea	<b>Hot Dog</b>	½ ea	1 ea	1 ea	<b>Cheese Quesadilla</b>	½ ea	1 ea	1 ea
Fruit Vegetable	Applesauce Mixed Vegetables	1/8 c 1/8 c	¼ c ¼ c	¼ c ½ c	Fruit Cocktail Green Beans	1/8 c 1/8 c	¼ c ¼ c	¼ c ½ c	Banana Peas	¼ ea 1/8 c	½ ea ¼ c	½ ea ½ c	Pears Corn	1/8 c 1/8 c	¼ c ¼ c	¼ c ½ c	Tropical Fruit Carrots	1/8 c 1/8 c	¼ c ¼ c	¼ c ½ c
Grain	WG Bun	½ ea	1 ea	1 ea	WG Pasta Included				Round Cracker	4 ea	4 ea	7 ea	WG Bun	½ ea	1 ea	1 ea	WG Breading Included			
Additional Protein					Turkey Pepperoni	2 ea	4 ea	6 ea												
<b>PM SNACK</b> (choose two): Beverage Fruit Vegetable Grain Protein alt.	Milk  Cheez its	½ c  ½ pkg	½ c  1 pkg	1 c  1 pkg	Water  Mixed Fruit Goldfish	½ c  ½ pkg	½ c  ½ c 1 pkg	1 c  ¾ c 1 pkg	Milk  Animal Crackers	½ c  8 ea	½ c  8 ea	1 c  15 ea	Water  Cucumber Pretzel sticks String Cheese	½ c  0 16 ea	½ c  3 ea 16 ea	1 c  6 ea 31 ea	Milk  Vanilla Bears Wheat Crackers C1 & C2 only	½ c  ½pkg 4 ea	½ c  1pkg	1 c  1 pkg

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Milk

1 year olds: Whole, unflavored  
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6 years +: 1% or skim, flavored or unflavored

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# JUST US KIDS MENU



October 17-21, 2022

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym
<b>BREAKFAST</b>																				
Milk	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
Fruit/vegetable	Mandarin Oranges	¼ c	½ c	½ c	Blueberries	¼ c	½ c	½ c	Strawberries	¼ c	½ c	½ c	Sliced Peaches	¼ c	½ c	½ c	Blackberries	¼ c	½ c	½ c
Grain (or meat/meat alt 3/wk)	Corn Chex Cereal <b>C1 &amp; C2 Cheerios</b>	½ c ¾ c	½ c	1 c	<b>WG Waffles</b>	½ ea	1 ea	1 ea	<b>WG Blueberry Muffin</b>	½ ea	1 ea	1 ea	<b>WG Pancakes</b>	½ ea	1 ea	1 ea	Cheerios	¾ c	¾ c	1 ¼ c
<b>LUNCH</b>																				
Milk	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
Meat/meal alt.	<b>Popcorn Chicken</b>	2 ea	2 ea	3 ea	<b>Turkey Sausage Patty</b>	½ ea	1 ea	1 ea	<b>Egg Patty</b>	½ ea	1 ea	1 ea	<b>Corn Dog</b>	½ ea	½ ea	1 ea	<b>Fish Shapes</b>	2 ea	2 ea	3 ea
Fruit	Pears	1/8 c	¼ c	¼ c	Peaches	1/8 c	¼ c	¼ c	Banana	¼ ea	½ ea	½ ea	Applesauce	1/8 c	¼ c	¼ c	Pineapple	1/8 c	¼ c	¼ c
Vegetable	Green Beans	1/8 c	¼ c	½ c	Corn	1/8 c	¼ c	½ c	Carrots	1/8 c	¼ c	½ c	Mixed Vegetables	1/8 c	¼ c	½ c	Peas	1/8 c	¼ c	½ c
Grain	<b>WG Breading Included</b>				<b>WG Bun</b>	½ ea	1 ea	1 ea	<b>WG Roll</b>	½ ea	1 ea	1 ea	<b>WG Breading Included</b>				<b>WG Breading Included</b>			
Additional Protein									Cheese Slices	½ ea	1 ea	1 ea								
<b>PM SNACK</b> (choose two):																				
Milk	Milk	½ c	½ c	1 c	Water	½ c	½ c	1 c	Milk	½ c	½ c	1 c	Water	½ c	½ c	1 c	Milk	½ c	½ c	1 c
Fruit					Chocolate Bears	½ pkg	1 pkg	1 pkg	Cornbread	½ ea	1 ea	1 ea	Mixed Fruit Educational Snack	½ c 1/2 pkg	½ c 1 pkg	¾ c 1 pkg	Scooby Snacks	½ pkg	1 pkg	1 pkg
Vegetable					String cheese	1 ea	1 ea	1 ea												
Grain	Graham cracker	½ ea	1 ea	2 ea																
Protein alt																				

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Milk

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 6 years +: 1% or skim, flavored or unflavored

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# JUST US KIDS MENU



October 24-28, 2022

	MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym	Food Item	Ages 1-2 C1-6	Ages 3-5 C7-10	Ages 6+ C11/Gym
<b>BREAKFAST</b>																				
<b>Milk</b>	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
<b>Fruit/vegetable</b>	Mandarin Oranges	¼ c	½ c	½ c	Strawberries	¼ c	½ c	½ c	Blackberries	¼ c	½ c	½ c	Mixed Fruit	¼ c	½ c	½ c	Blueberries	¼ c	½ c	½ c
<b>Grain (or meat/meat alt 3/wk)</b>	Cinnamon Life Cereal	½ c	½ c	1 c	WG Bagel	½ ea	½ ea	1 ea	Blueberry Yogurt	½ ea	1 ea	1 ea	WG Pancake wrap on Stick	½ ea	1 ea	1 ea	Cheerios	¾ c	¾ c	1 ¼ c
<b>LUNCH</b>																				
<b>Milk</b>	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c	Milk	½ c	¾ c	1 c
<b>Meat/meal alt.</b>	Hot Dog	½ ea	1 ea	1 ea	<b>Beef and Cheese Taco</b>	1 oz	2 oz	4 oz	<b>Breaded Chicken Strip</b>	1 ea	1 ea	2 ea	<b>Meatballs</b>	2 ea	2 ea	3 ea	<b>Bosco Cheese Stick w/marinara</b>	½ ea	1 ea	1 ea
<b>Fruit</b>	Pears	1/8 c	¼ c	¼ c	Banana	¼ ea	½ ea	½ ea	Applesauce	1/8 c	¼ c	¼ c	Pineapple	1/8 c	¼ c	¼ c	Peaches	1/8 c	¼ c	¼ c
<b>Vegetable</b>	Green Beans	1/8 c	¼ c	½ c	Carrot	1/8 c	¼ c	½ c	Peas	1/8 c	¼ c	½ c	Mixed Vegetables	1/8 c	¼ c	½ c	Corn	1/8 c	¼ c	½ c
<b>Grain</b>	WG Bun	½ ea	1 ea	1 ea	Tortilla	½ ea	1 ea	1 ea	WG Breading Included				Round cracker	4 ea	4 ea	7 ea	WG Breading Included			
<b>Additional Protein</b>																				
<b>PM SNACK (choose two):</b>																				
<b>Milk</b>	Milk	½ c	½ c	1 c	Water	½ c	½ c	1 c	Milk	½ c	½ c	1 c	Water	½ c	½ c	1 c	Milk	½ c	½ c	1 c
<b>Fruit</b>					Sliced Peaches	½ c	½ c	¾ c	Baby carrots	0 ea	6 ea	9 ea	Raisel	0	1 pkg	1 pkg				
<b>Vegetable</b>	Strawberry waffle	½ pkg	1 pkg	1 pkg	Educational Snacks	½ pkg	1 pkg	1 pkg	Pretzel	½ pkg	1 pkg	1 pkg	Graham Cracker	½ ea	1 ea	1 ea	Cheez its	½ pkg	1 pkg	1 pkg
<b>Grain</b>	graham								Goldfish				String cheese	1 ea						
<b>Meat/meal alt.</b>																				

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