

Miller Child Development Laboratory School

Menu updated as 3/21/2022

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Breakfast 7:30-7:45	Monday	2 yrs	3-5yrs	Tuesday	2	3-5	Wed.	2yr s	3-5 yrs	Thursday	2yrs	3-5 yrs	Friday	2yrs	3-5 yrs
Milk	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c
Fruit or Veg.	Mandarin Oranges	¼ c	½ c	Apples	¼ c	½ c	Bananas	¼ c	½ c	Juice	¼ c	½ c	Pineapple	¼ c	½ c
Grain/Bread or alternative	Cheerios	¼ c	1/3 c	Toast	½ slice	½ slice	Crispix	¼ c	1/3 c	Rice Krispies	¼ c	1/3c	Special K	¼ c	1/3c
Snack: 9:30-9:45															
Milk	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c	Water		
Grain/Bread/ Protein	Kix	¼ c	1/3 c	Oatmeal	½ c	½ c	Whole Grain English Muffin	½	½	Whole Wheat Toast	½	½	Yogurt Vanilla Wafers	½ oz ¼ c	½ oz 1/3 c
Lunch : 11:30-12:30															
Milk	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	½ c	¾ c
Fruit or Veg.	Carrots Grapes	¼ c ¼ c	¼ c ¼ c	Asian Blend Steamed Vegetables Peaches	¼ c ¼ c	¼ c ¼ c	Mixed Salad w/Tomatoes Apple	¼ c ¼ c	¼ c ¼ c	Steamed Broccoli Orange	¼ c ¼ c	¼ c ¼ c	Green Beans Applesauce	¼ c ¼ c	¼ c ¼ c
Protein	Turkey Meatloaf	1 oz	1 ½ oz	Teriyaki Chicken	1 oz	1 ½ oz	Chicken Patty	1 oz	1 ½ oz	Tuna	1 oz	1 ½ oz	Cheese	1 oz	1 ½ oz
Grain/Bread or alternative	Whole Grain Biscuits	½ slice	½ Slice	Rice	1/2	1/2	Whole Wheat Bun	¼ c	¼ c	Noodle Casserole	¼ c	¼ c	Whole Grain Ravioli Cookies	¼ c	¼ c
PM Snack: 2:30-2:45															
Milk	Milk	½ c	¾ c	Milk	½ c	¾ c				Water			Water		
Fruit or Veg.	Mixed Berries	½ c	½ c	Pears	½ c	½ c	Juice	½ c	½ c	Mango	½ c	½ c			
Protein										Cottage Cheese	½ oz	1 ½ oz	Cheese Slices	1 oz	1½ oz
Grain/Bread or alternative	Graham Crackers	1/3 c	½ c	Whole Grain Cheddar Crackers	1/3 c	½ c	Animal Crackers	1/3 c	½ c				Wheat Thins	1/3 c	½ c