

Miller Child Development Laboratory School

2 **Menu** updated as of 3/21/2022

Breakfast 7:30-7:45	Monday	2 yrs	3-5 yrs	Tuesday	2 yrs	3-5 yrs	Wed.	2 yrs	3-5 yrs	Thursday	2 yrs	3-5 yrs	Friday	2 yrs	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.	Apples	¼ c	½ c	Mandarin Oranges	¼ c	½ c	Juice	¼ c	½ c	Bananas	¼ c	½ c	Fruit Cocktail	¼ c	½ c
Grain/Bread or alternative	Special K	¼ c	1/3 c	Toast	½ slice	½ slice	Crispix	¼ c	1/3 c	Rice Krispies	¼ c	1/3 c	Kix	¼ c	1/3 c
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	Milk	¼ c	¼ c
Grain/Bread/ Protein	Crispix Cereal	¼ c	1/3 c	French Toast	½	½	Cottage Cheese Peaches	½ oz ½ c	½ oz ½ c	Whole Grain Bagels	½	½	Oatmeal	¼ c	¼ 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.	Steamed Peas Steamed Carrots	¼ c ¼ c	¼ c ¼ c	Green Beans Grapes	¼ c ¼ c	¼ c ¼ c	Tater tots Oranges	¼ c ¼ c	¼ c ¼ c	Broccoli & Cauliflower Apple	¼ c ¼ c	¼ c ¼ c	Season Vegetable Blend Pineapple	¼ c ¼ c	¼ c ¼ c
Protein	Beef Sloppy Joe	1 oz	1 ½ oz	Chicken Alfredo	1 oz	1 ½ oz	Turkey Sausage	1 oz	1 ½ oz	Vegetable	1 oz	1 ½ oz	Chicken Salad Whole Grain Tortilla	1 oz	1 ½ oz
Grain/Bread or alternative	Whole Wheat Bun	½ slice	½ slice	Pasta	½	½	Whole Grain Waffles	½	½	Lasagna	¼ c	¼ c	Cookie		
PM Snack: 2:30-2:45															
Milk	Water			Water						Milk	½ c	¾ c	Water		
Fruit or Veg.				Apple Sauce	½ c	½ c	Juice	½ c	½ c	Carrots & Dip	½ c	½ c			
Protein	Beans	1 oz	1 ½ oz				Hummus	1 oz	1 ½ oz				String Cheese	1 oz	1 ½ oz
Grain/Bread or alternative	Rice	¼ c	1/3 c	Vanilla Wafers	¼ c	1/3 c	Pita Bread	½	½	Gold Fish Crackers	¼ c	1/3 c	Wheat Cracker	¼ c	1/3 c