Miller Child Development Laboratory School

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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	Pears	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	Granola Mix	½ c	½ c	Crispix	¼ c	1/3 c	Rice Krispies	¼ c	1/3 c	Waffles	½	½
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	Cream of Wheat	¼ c	1/3 c	Oatmeal	½ c	½ c	Pancakes	½	½	Whole Grain English Muffins	¼ c	1/3 c	Whole Grain Cheerios	1/2	½
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 Fresh Fruit	¼ c ¼ c	¼ c ¼ c	Lettuce, Tomato Corn salsa Cheese Watermelon	¼ c ¼ c	¼ c ¼ c	Tom. Cucumbers, Grapes	¼ c ¼ c	¼ c ¼ c	Cauliflower Pears	¼ c ¼ c	¼ c ¼ c	French Cut Beans Mandarin Oranges	¼ c ¼ c	¼ c ¼ c
Protein	Chicken Pot Pie	1 oz	1 ½ oz	Turkey Meat	1 oz	1 ½ oz	Chicken	1 oz	1 ½ oz	Steamed Cod	1 oz	1 ½ oz	Meatball Sauce	1 oz	1 ½ oz
Grain/Bread or alternative	Whole Grain Biscuit	½	½	Whole Grain Tortilla	½	½	Mac Cheese	¼ c	¼ c	Wild Rice	¼ c	¼ c	Spaghetti Cookies	¼ c	¼ c
PM Snack: 2:30-2:45															
Milk				Milk	½ c	¾ c	Juice			Milk			Water	½ c	¾ c
Fruit or Veg.	Water	½ c	½ c				Sliced Cheese	½ c	½ c		½c	½ c	Applesauce		
Protein	Mango	1 oz	1 ½ oz	Bananas	½	½	Wheat Pita	½ oz	½ oz						
Grain/Bread or alternative	Vanilla Yogurt	½	½	Chex	¼ c	1/3 c				Blueberry Muffins	¼ c	1/3 c	Graham Cracker	½	½