

Miller Child Development Laboratory School

4 **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	Pineapple	¼ c	½ c
Grain/Bread or alternative	Special K	¼ c	1/3 c	Toast	½ slice	½ slic e	Crispix	¼ c	1/3 c	Rice Krispies	¼ c	1/3 c	Special K	¼ c	1/3 c
Snack: 9:30-9:45															
Milk	Milk	½ c	¾ c	Milk	½ c	¾ c	Juice	½ c	¾ c	Milk	½ c	¾ c	Milk	¼ c	¼ c
Grain/Bread/ Protein	Whole Grain Toast	½ slice	½ slice	Kix	½ c	½ c	Rice Krispies	¼ c	1/3 c	Peaches w/ Yogurt	½ c ½ oz	½ c ½ oz	Crispix	1/2	1/2
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.	Salad Mix, Strawberries	¼ c ¼ c	¼ c ¼ c	Stir fry veg. watermelon	¼ c ¼ c	¼ c ¼ c	Corn Oranges	¼ c ¼ c	¼ c ¼ c	Sweet Potatoes Blueberries	¼ c ¼ c	¼ c ¼ c	Tomato Soup Canned Fruit or Fresh Honey Dew	¼ c ¼ c	¼ c ¼ c
Protein	Pizza: Cheese	1 oz	1½ oz	Asian Stir-fry w/diced chicken	1 oz	1 ½ oz	Turkey Sandwiches	1 oz	1 ½ oz	Beef Chili	1 oz	1 ½ oz	Toasted Cheese Sandwich	1 oz	1 ½ oz
Grain/Bread or alternative	Whole Grain Pizza Crust	½	½	Rice	¼ c	¼ c	Whole Wheat Bread	½	½	Corn Muffin	½	½	Wheat Bread & Cookie	½	½
PM Snack: 2:30-2:45															
Milk	Milk	½ c	¾ c	Milk	½ c	¾ c	Water			Juice	½ c	¾ c	Milk	½ c	¾ c
Fruit or Veg.		½	½	Fruit Cocktail	½ c	½ c									
Protein	Egg and Cheese Omelet						String Cheese	½ oz	½ oz	Turkey and Ham Rolls	½ oz	½ oz			
Grain/Bread or alternative				Whole Grain Cheddar Crackers	¼ c	1/3 c	Turkey Pepperoni	¼ c	1/3 c	Wheat Pita	¼	1/3	Banana Muffins	½	½