

Miller Child Development Laboratory School

Menu updated as of 3/21/2022

5

Breakfast 7:30-7:45	Monday	2	3-5	Tuesday	2	3-5	Wed.	2	3-5	Thursday	2	3-5	Friday	2	3-5
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	Toast	½ slice	½ slice	Cheerios	¼ c	1/3 c	Granola Mix	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	Milk	½ c	¾ c	Water		½ oz	Milk	½ c	½ c
Grain/Bread/Protein	Whole Wheat Bagel	¼ c	1/3 c	Whole Grain Waffles	½	½	Cream of Wheat	¼ c	1/3 c	Cheddar Cheese Apples	½ oz ¼ c	1/3 c	Egg & Cheese Biscuit	½	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.	Apple Green Beans	¼ c ¼ c	¼ c ¼ c	Broccoli Grapes	¼ c ¼ c	¼ c ¼ c	Italian blend Vegetables Watermelon	¼ c ¼ c	¼ c ¼ c	Fresh Oranges Mashed Potatoes	¼ c	¼ c	Peas Blueberries	¼ c ¼ c	¼ c ¼ c
Protein	Chicken and Noodles	1 oz	1 ½ oz	Turkey Meatloaf	1 oz	1 ½ oz	Soy Tofu	1 oz	1 ½ oz	Salisbury Steak	1 oz	1 ½ oz	Cheese Pizza	1 oz	1 ½ oz
Grain/Bread or alternative	Dinner Roll	½	½	Whole Grain Biscuits	¼ c	¼ c	Pasta Primavera	½	½	Wheat roll	½	½	Whole Grain Crust Cookie	½ 1	½ 1
PM Snack: 2:30-2:45															
Milk	Milk	½ c	¾ c		½ c	¾ c	Milk			Water			Water		
Fruit or Veg.	Peaches	½ c	½ c	Juice	½	½	Banana	½ c	1/2c				Carrots	½ c	½ c
Protein					1 oz	1 ½ oz	Yogurt			Beans or Lentils	½ oz	½ oz			
Grain/Bread	Special K	¼ c	1/3 c	Animal Crackers				¼ c	1/3 c	Rice	¼ c	1/3 c	Whole Grain Gold Fish	¼ c	1/3 c