

Miller Child Development Laboratory School

6 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	Bananas	¼ c	½ c	Juice	¼ c	½ c	Strawberries	¼ c	½ c
Grain/Bread or alternative	Kix	¼ c	1/3 c	Toast	½ slice	½ slic e	Cheerios	¼ c	1/3 c	Waffles	½	½	English Muffins	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	Crispix I	¼ c	1/3 c	Rice Krispies Banana	¼ c	1/3 c	Oatmeal Strawberries	¼ c	¼ c	Granola Mix	¼ c	1/3 c	Hard- boiled Egg	½	1
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.	Strawberries Salad	¼ c ¼ c	¼ c ¼ c	Lettuce Cheese Tomato Corn Salsa Watermelon	¼ c ¼ c	¼ c ¼ c	Sweet Potato Tots Oranges	¼ c	¼ c	Green beans Blueberries	¼ c ¼ c	¼ c ¼ c	Pineapple Mixed Vegetables	¼ c ¼ c	¼ c ¼ c
Protein	Grilled Chicken	1 oz	1 ½ oz	Turkey Meat	1 oz	1 ½ oz	Turkey Sausage	1 oz	1 ½ oz	Fish Nuggets	1 oz	1 ½ oz	Chicken	1 oz	1 ½ oz
Grain/Bread or alternative	Whole Grain Bread stick	½	½	Whole Grain Tortillas	½	½	Whole Grain Waffles	½	½	Wheat roll	½	½	Fried Rice Cookies	¼ c	¼ c
PM Snack: 2:30-2:45															
Milk	Water			Milk	½ c	¾ c				Milk	½ c	¾ c	Water		
Fruit or Veg.	Peaches	½ c	½ c		½	½	Juice	½ c	½ c	Pears	½ c	½ c	Mandarin Oranges	½ c	½ c
Protein	Yogurt	½ oz	½ oz				Cheese Slices	½ oz	½ oz						
Grain/Bread or alternative				Chex	¼ c	1/3 c	Wheat Pita	½	½	Cheerios	¼ c	1/3 c	Whole Grain Bread	½	½