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	Mandarin Oranges	¼ c	½ c	Bananas	½	½	Juice	¼ c	½ c	Blueberries	¼ c	½ c
Grain/Bread or alternative	Kix	¼ c	1/3 c	Toast	½ slice	½ slice	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	Milk	½ c	¾ c	Milk	½ c	¾ c	Milk	¼ c	¼ c
Grain/Bread/ Protein	Special K Cereal	¼ c	1/3 c	Cheerios Bananas	¼ c ½	1/3 c ½	French Toast	½	½	Pumpkin Muffins	½	½	Oatmeal Blueberries	¼ c ½ c	¼ c ½ 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.	Green beans Sliced Strawberries	¼ c ¼ c	¼ c ¼ c	Salad Mix Peaches	¼ c ¼ c	¼ c ¼ c	Cucumbers, Tomato & Grapes	¼ c ¼ c	¼ c ¼ c	Mashed Potatoes Orange Gravy	¼ c	¼ c	Zucchini, Squash Sticks, Watermelon	¼ c ¼ c	¼ c ¼ c
Protein	Hamburger	1 oz	1 ½ oz	Oven baked Chicken Verz Cruz	1 oz	1 ½ oz	Chicken	1 oz	1 ½ oz	Pulled Pork	1 oz	1 ½ oz	Chicken Fajitas	1 oz	1 ½ oz
Grain/Bread or alternative	Whole Wheat Bun	¼ c	¼ c	White Rice	¼ c	¼ c	Macaroni	¼ c	¼c	Wheat roll	½	½	Cookies	1	1
PM Snack: 2:30-2:45															
Milk	Water			Milk	½ c	¾ c				Milk	½ c	¾ c	Water		
Fruit or Veg.	Applesauce	½ c	½ c	Pears	½ c	½ c	Juice	½ c	½ c	Fruit Cocktail	½ c	½ c			
Protein	Cottage Cheese	½ oz	½ oz				Cheese slices	½ oz	½ oz				Cream Cheese	½ oz	½ oz
Grain/Bread or alternative				Whole Grain Cheddar Crackers	¼ c	1/3 c	Whole Grain Crackers	¼ c	1/3 c	Graham Crackers	¼ c	1/3 c	Whole Grain Waffles	½	½