

# Miller Child Development Laboratory School

**8** **Menu updated as of 3/21/2022**

| Breakfast<br>7:30-7:45     | Monday                                | 2<br>yrs       | 3-5 yrs        | Tuesday                          | 2<br>yrs       | 3-5<br>yrs     | Wed.              | 2<br>yrs       | 3-5<br>yrs     | Thursday               | 2<br>yrs       | 3-5<br>yrs     | Friday                     | 2 yrs          | 3-5<br>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            | Pineapple         | ¼ c            | ½ c            | Bananas                | ¼ c            | ½ c            | Juice                      | ¼ c            | ½ c            |
| Grain/Bread or alternative | Oatmeal                               | ¼ c            | 1/3 c          | Kix                              | ¼ c            | 1/3 c          | Crispix           | ¼ c            | 1/3 c          | Waffles                | ½              | ½              | Special K                  | ¼ c            | 1/3 c          |
| <b>Snack: 9:30-9:45</b>    |                                       |                |                |                                  |                |                |                   |                |                |                        |                |                |                            |                |                |
| 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          | Grits                            | ¼ c            | ¼ c            | Cheerios Bananas  | ¼ c<br>¼ c     | 1/3 c<br>½ c   | Whole Grain Mini Bagel | ½              | 1              | Rice Krispies              | ¼ c            | 1/3 c          |
| <b>Lunch: 11:30-12:30</b>  |                                       |                |                |                                  |                |                |                   |                |                |                        |                |                |                            |                |                |
| 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.              | Peas & Carrots<br>Diced<br>Pineapples | ¼ c<br><br>¼ c | ¼ c<br><br>¼ c | Mixed Green Salad<br>Fresh fruit | ¼ c<br><br>¼ c | ¼ c<br><br>¼ c | Corn<br>Oranges   | ¼ c<br><br>¼ c | ¼ c<br><br>¼ c | Spinach<br>Apple       | ¼ c<br><br>¼ c | ¼ c<br><br>¼ c | Tomato Soup<br>Blueberries | ¼ c<br><br>¼ c | ¼ c<br><br>¼ c |
| Protein                    | Chicken Pot Pie                       | 1 oz           | 1 ½ oz         | Ham & Cheese                     | 1 oz           | 1 ½ oz         | Turkey Sandwiches | 1 oz           | 1 ½ oz         | Baked Ocean Perch      | 1 oz           | 1 ½ oz         | Toasted cheese             | 1 oz           | 1 ½ oz         |
| Grain/Bread or alternative | Whole Grain Biscuit                   | ½              | ½              | Whole Wheat Bread                | ½              | ½              | Whole Wheat Bread | ½              | ½              | Wild Rice              | ¼ c            | ¼ c            | Wheat Bread<br>Cookie      | ½              | ½              |
| <b>PM Snack: 2:30-2:45</b> |                                       |                |                |                                  |                |                |                   |                |                |                        |                |                |                            |                |                |
| Milk                       | Cheese stick                          | ½ oz           | ½ oz           | Milk                             | ½ c            | ¾ c            |                   |                |                | Milk                   | ½ c            | ¾ c            | Water                      |                |                |
| Fruit or Veg.              |                                       |                |                |                                  |                |                | Juice             | ½ c            | ½ c            |                        |                |                |                            |                |                |
| Protein                    | Turkey Pepperoni                      | ½ oz           | ½ oz           |                                  |                |                |                   |                |                | Hummus                 | ½ oz           | ½ oz           | Cream Cheese               | ½ oz           | ½ oz           |
| Grain/Bread or alternative |                                       |                |                | Bran Muffin                      | ½              | ½              | Graham Crackers   | ¼ c            | 1/3 c          | Carrots                | ½              | ½              | Crackers                   | ¼ c            | 1/3 c          |