

Ben and Maxine Miller Child Development Laboratory School

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Menu

Meal/ Snack	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
AM Snack 7:30															
Protein	Milk	½ c	¾ c				Sun Butter	1 tbs	1 tbs	Milk	½ c	¾ c			
Fruit/Vegetable				Tropical Fruit	¼ c	½ c	Celery Sticks	½ c	½ c				Orange Juice	¼ c	¾ c
Grain/Bread or Alternative	Whole Grain Special K	½ c	½ c	Whole Wheat Pancakes	½	½				Rice Krispies	¾ c	¾ c	Egg Bites	½ large egg	¾ large egg
Breakfast: 9:30 (Milk or a milk alternative is served at every breakfast) 2 yr olds = ½ c 3-5-year-olds = ¾ c)															
Fruit/Vegetable	Pears	¼ c	½ c	Carrots	¼ c	½ c	Mango	¼ c	½ c	Melon	¼ c	½ c	Pineapple	¼ c	½ c
Protein				Cream Cheese	1 tbs	1 tbs									
Grain/Bread or Alternative	Whole Grain Cheerios	½ c	½ c	Whole Wheat Bagels	½	½	Whole Wheat Waffles	½	½	Graham Crackers	¼ c	¼ c	Whole Grain Kix	¾ c	¾ c
Lunch: 11:30 (Milk or a milk alternative is served at every lunch) (2 yr olds= ½ c 3-5-year-olds=¾ c)															
Fruit/Vegetable	Strawberries	1/8 c	¼ c	Peaches	1/8 c	¼ c	Grapes	1/8 c	¼ c	Blueberries	1/8 c	¼ c	Apples	½	½
	Peas	1/8 c	¼ c	Mashed Potatoes	1/8 c	¼ c	Green Beans	1/8 c	¼ c	Sweet Potato Wedges	1/8 c	¼ c	Tomato Soup	¼ c	¼ c
Protein	Pizza: Cheese	1 oz	1½ oz	Pulled pork	1 oz	1 ½ oz	Chicken Patty	1 oz	1 ½ oz	Turkey Chili	1 oz	1 ½ oz	Toasted Cheese Sandwich	½	½
Grain/Bread or Alternative	Whole Grain Pizza Crust	½	½	Whole Wheat roll	½	½	Whole Wheat Bun	½	½	Corn Muffin	½	½	Wheat Bread & Cookie	½	½
PM Snack: 2:00															
Fruit /Vegetable				Avocado	¼ c	½ c	Mandarin Oranges	¼ c	½ c				Bananas	½	½
Protein	Hummus	½ oz	½ oz							Mozzarella Stick	1	1			
Grain/Bread or Alternative	Whole Grain Pica	½	½	Whole Grain English Muffin	½	½	Bran Muffin	½	½	Whole Wheat Cracker	¼ c	¼ c	Animal Crackers	¼ c	½ c