

**Ben and Maxine Miller Child Development Laboratory School**

**2**

**Menu**

Meal/ Snack	Monday	2 yrs	3-5 yrs	Tuesday	2 yrs	3-5 yrs	Wednesday	2 yrs	3-5 yrs	Thursday	2 yrs	3-5 yrs	Friday	2 yrs	3-5 yrs
AM Snack 7:30															
Fruit/Vegetable							Cranberry Juice	¼ c	½ c	Celery Sticks	½ c	½ c	Apple Juice	¼ c	½ c
Protein	Milk	½ c	¾ c	Milk	½ c	¾ c				Sun Butter	1 tbs	1 tbs			
Grain/Bread or Alternative	Whole Grain Cheerios	½ c	½ c	Rice or Corn Chex	½ c	½ c	Whole Grain Crispix	½ c	½ c				Whole Grain Kix	¾ c	¾ c
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	Avocado	1/4c	½ c	Bananas	½	½	Apples	½	½	Blueberries	¼ c	½ c
Protein							Cream Cheese	½ oz	½ oz	Cheddar Cheese	½ oz	½ oz			
Grain/Bread or Alternative	Whole Grain Pancakes	½	½	Multi Grain Toast	½	½	Bagels	½	½	Cream of Wheat	¼ c	¼ c	Whole Grain Waffle	½	½
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	Pineapple	1/8 c	¼ c	Grapes	1/8 c	¼ c	Strawberries	1/8 c	¼ c	Watermelon	1/8 c	¼ c	Mandarin Oranges	1/8 c	¼ c
Vegetable				Lettuce	1/8 c	¼ c	Italian Blend	1/8 c	¼ c	Mixed Vegetables	1/8 c	¼ c			
	Carrots	1/8 c	¼ c	Tomato	1/8 c	Cheese							1/8 c	Green Beans	1/8 c
Protein	Chicken Pot Pie	1 oz	1 ½ oz	Turkey Meat	1 oz	1 ½ oz	Soy Tofu	¼ c	3/8 c	Fish Nuggets	1 oz	1 ½ oz	Vegan Beef Pattie	1 oz	1 ½ oz
Grain/Bread or Alternative	Whole Grain Biscuit	½	½	Whole Grain Tortilla	½	½	Pasta Primavera	¼ c	¼ c	Roll	½	½	Whole Wheat Bun	½	½
													Cookies		
PM Snack: 2:30															
Fruit/Vegetable	Beans	¼ c	½ c	Melon	¼ c	½ c	Cucumber	½ c	½ c	Tropical Fruit	¼ c	½ c			
Protein							Mozzarella Cheese Stick	1	1				Milk	½ c	¾ c
Grain	Rice	½	1	Whole Grain Goldfish Crackers	¼ c	¾ c				Graham Crackers	2	4	Apple Muffin	½	½