

Ben and Maxine Miller Child Development Laboratory School

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Menu

Meal / Snack	Mon.	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															
Fruit/Vegetable	Mixed Berries	¼ c	½ c				Diced Tomato	¼ c	½ c						
Protein				Milk	½ c	¾ c	Refried Beans with Cheese	¼ c ¼ oz	¼ c ¼ oz	Milk	½ c	¾ c	Milk	½ c	¾ c
Grain/Bread or Alternative	Whole Grain Special K	½ c	½ c	Whole Wheat Toast	½ slice	½ slice	Whole Grain Tortilla	½	½	Rice Krispies	¾ c	¾ c	Whole Grain Cheerios	½ c	½ 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	Mango	¼ c	½ c	Strawberries	¼ c	½ c	Peaches	¼ c	½ c	Bananas	½	1
Protein				Cream Cheese	½ oz	½ oz									
Grain/Bread/Protein	Whole Grain Kix	½ c	¾ c	Multi Grain English Muffin	½	½	Whole Grain Bran Muffin	½	½	Oatmeal	¼ c	¼ c	Vanilla Wafers	¼ 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	Apple	½	½	Grapes	1/8 c	¼ c	Oranges	1/8 c	¼ c	Blueberries	1/8 c	¼ c	Watermelon	1/8 c	¼ c
Vegetable	Steamed Peas Steamed Carrots	1/8 c	¼ c	Broccoli	1/8 c	¼ c	Sweet Potato Tater Tots	1/8 c	¼ c	Salad	1/8 c	¼ c	Mashed Potatoes (Dairy Free)	1/8 c	1/4 c
Protein	Beef Sloppy Joe	1 oz	1 ½ oz	Chicken Alfredo	1 oz	1 ½ oz	Egg Bites	½ large egg	¾ large egg	Meat Sauce (Beef)	1 oz	1 ½ oz	Salisbury Steak	1 oz	1 ½ oz
Grain/Bread or Alternative	Whole Wheat Bun	½ slice	½ slice	Pasta	½	½	Whole Grain Waffles	½	½	Spaghetti	¼ c	¼ c	Wheat Roll Cookie	½	½
PM Snack: 2:30															
Fruit/Vegetable	Cucumber	¼ c	½ c	Cauliflower	¼ c	½ c				Cranberry Juice	¼ c	½ c	Carrots		¼ c ½ c
Protein				Hummus	½ oz	½ oz	Yogurt	¼ c	¼ c						
Grain/Bread or Alternative	Whole Wheat Ritz Crackers	2	4	Whole Grain Pitta	½	½	Animal Crackers	¼ c	¾ c	Rice or Corn Chex	¼ c	¾ c	Wheat Thins		¼ c ½ c