

4 Ben and Maxie Miller Child Development Laboratory School 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															
Fruit/Vegetable							Apple Juice	¼ c	½ c				Orange Juice	¼ c	½ c
Protein	Milk	½ c	¾ c	Milk	½ c	¾ c				Milk	½ c	¾ c			
Grain/Bread or Alternative	Whole Grain Cheerios	½ c	½ c	Oatmeal	¼ c	¼ c	Granola	1/8 c	1/8 c	Rice Krispies	¾ c	¾ c	Whole Grain Special K	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	Mandarin Oranges	¼ c	½ c	Hashbrowns	¼ c	½ c	Bananas	1/2	1/2	Pears	¼ c	½ c	Peaches	¼ c	½ c
Protein								¼ c		Cream Cheese	½ oz	½ oz	Yogurt	¼ c	¼ c
Grain/Bread or Alternative	Whole Grain English Muffin	½	½	French Toast	1 ½ Sticks	½ Sticks	Rice or Corn Chex	¼ c	3/4c	Bagels	½	½	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 Vegetable	Grapes	1/8 c	¼ c	Pineapple	1/8 c	¼ c	Apple Spring	1/8 c	¼ c	Blueberries	1/8 c	¼ c	Strawberries	1/8 c	¼ c
	Peas	¼ c	¼ c	Cucumber	1/8 c	¼ c	Mixed Salad	1/8 c	¼ c	Green Beans	1/8 c	¼ c	50/50 Mixed Salad	1/8 c	¼ c
Protein	Turkey Meatloaf	1 oz	1 ½ oz	Chicken	1 oz	1 ½ oz	Hamburger Patty	1 oz	1 ½ oz	Cheese	1 oz	1 ½ oz	Baked Fish	1 oz	1 ½ oz
Grain/Bread or Alternative	Whole Grain Biscuits	½ slice	½ Slice	Macaroni	1/2	½	Whole Wheat Bun	½	½	Ravioli	¼ c	¼ c	Breadstick Cookie	1/2	1/2
PM Snack: 2:30															
Fruit Vegetable	Corn			Fruit Cocktail	¼ c	½ c	Carrots & Dip	¼ c	½ c				Cauliflower	¼ c	½ c
Protein	Cheese			Sun Butter	1 tbs	1 tbs				Hummus	½ oz	½ oz	Mozzarella Cheese Stick	1	1
Grain/Bread or Alternative	Quesadilla	½	½	Multi Grain Bread	½ slice	½ slice	Whole Grain Goldfish	¼ c	½ c	Whole Grain Pita	1/2	1/2	Wheat Crackers	¼ c	¼ c