

MENU: WEEK 1

CASTLE COUNTRY ACADEMICS

BY: AGUSTINA HARVEY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount	Food Item	Amount
Breakfast Time: 7:00am to 8:00am FRUIT/ JUICE	ORANGE JUICE	½ CUP 4 OZ	APPLE JUICE	½ CUP 4 OZ	ORANGE JUICE	½ CUP 4 OZ	APPLE JUICE	½ CUP 4 OZ	ORANGE JUICE	½ CUP 4 OZ
Cereal	Rice Crispis	½ C	Honey cumb	½ C	Frosted Flakes	½ C	Lucky charms	½ C	Cheerios	½ C
Milk	Milk	6oz	Milk	6oz	Milk	6oz	Milk	6oz	Milk	6oz
AM SNACK Time; 9:00am	Milk	6oz	Milk	6oz	Milk	6oz	Milk	6oz	Milk	6oz
Component	Animal Crakers	5	Vanilla Waffles	4	Fruit Bar	4 oz	Rice crispis bars	4 oz	Graham Crackers	2
PM SNACK Time; 2:00pm	Water	6oz	Water	6oz	Water	6oz	Water	6oz	Water	6oz
Component	Crackers Saltines	4	Pretzels stickes	5	Cheezix	4 oz	Gold Fishes	4 oz	Coliflower sticks	4
Lunch Time: 11:00am	Cheese sandwich	1 and ½ oz	Chicken nuggest	1 and ½ oz	Chicken rice soup	½ cup	Cheese Quesadilla	1 and ½ oz	Mac/Cheese	1 and ½ oz
Component 1	Garden salad	¼ cup	Cooked Broccoli	¼ cup	Cooked Beans	¼ cup	Cood Green Peas	¼ cup	Carrots	¼ cup
Component 2	Banana	¼ cup	Mandarin es	¼ cup	Pears	¼ cup	Peaches	¼ cup	Pears	¼ cup
Component 3	Bread	1 slide	Bread	¼ cup	Rice	¼ cup	Bread	1 slide	Roll	¼ cup
Component 3	Milk	6oz	Milk	6oz	Milk	6oz	Milk	6oz	Milk	6oz

- *TWO OF THE 5 COMPONENTS (BREAD, FRUIT OR JUICE, DAIRY, VEGETABLES, PROTEIN) MUST BE SERVED AT AM AND PM SNACK
- IF JUICE OR MILK IS NOT ONE OF THE TWO CMONENTS, SERVE WATER.
- VITAMIN C SOURCE MUST BE SERVED AT EITHER AM OR PM SNACK OR LUNCH DAILY
- IF TWO VITAMIN A SOURCES MUST BE SERVED AT LUNCH EACH WEEK.
- SHOW MODIFICATIONS FOR CHILDREN UNDER THREE(3) AS NEEDED.