

MENU: WEEK 2	CASTLE COUNTRY ACADEMICS	BY: AGUSTINA HARVEY
--------------	--------------------------	---------------------

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
--------	---------	-----------	----------	--------

	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
Component	Animal Crakers	5	Gogurts	4 oz	Graham Crackers	2	Rice Crispis Bars	4 oz	Fruit Bart	4 oz
PM SNACK Time; 2:00pm	Water	6oz	Water	6oz	Water	6oz	Water	6oz	Water	6oz
Component	Crackers Saltines	4	Pretzels stickes	5	Chex mis	4 oz	Gold Fishes	4 oz	Coliflower sticks	4
Lunch Time: 11:00am	Chicken Os	4 pieces	Fish sticks	5 sticks	Cheese Turkey Sandwich	1 ½ oz	Mac/cheese	1 and ½ oz	Pizza bites	4 pieces
Component 1	Mashed potatoes	¼ cup	Garden Salad	¼ cup	Cooked Corn	¼ cup	Cooked Carrots	¼ cup	Mixed vegetables	¼ cup
Component 2	Oranges	¼ cup	Pineapples	¼ cup	Apples	¼ cup	Peaches	¼ cup	Pears	¼ cup
Component 3	Bread	1 slide	Bread	¼ cup	Rice	¼ cup	Elbow pasta	2 oz	Crust for pizza	2 oz
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 MAST BE SERVED AT LUNCH EACH WEEK.

-SHOW MODIFICATIONS FOR CHILDREN UNDER THREE(3) AS NEEDED.

SUBSTITUTION FOR TODDLERS: APPLES FOR APPLE SAUCE

VEGETABLES ARE COOKED FOR AGES UNDER 3 YEARS OLD