

MENU: WEEK 3

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
Component	Animal Crackers	5	Cheese sticks	4 oz	Graham Crackers	2	Rice Crispis Bars	4 oz	Fruit Bars	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	Bake Chicken	4 oz	Sunflower/ strawberry sandwich	1 and ½ oz	Cheese Turkey rolls	1 ½ oz	Macarroni with tomato sauce	1 and ½ oz	Saute Chicken	4 oz
Component 1	Mashed potatoes	¼ cup	Veggi chips	8 sticks	Potato salad	¼ cup	Garden Salad	¼ cup	Mixed vegetables	¼ cup
Component 2	Mandarines	¼ cup	Pineapples	¼ cup	Apples	¼ cup	Peaches	¼ cup	Pears	¼ cup
Component 3	Bread	1 slide	Bread	¼ cup	Corn tortilla	½ tortilla	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 MUST 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