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| | | | | 1 | 2 |
| | | | | WG Ravioli, Peas, Pinapple with Milk. | Turkey Patties, Green Beans, WG Hamburger Buns, Diced Pears in Juice with Milk. |
| | 5 | 6 | 7 | 8 | g |
| | Meatball Subs, Carrots, Mango, WG Hotdog Buns with Milk. | Turkey Sausage Links, WG Pancakes, Broccoli, Oranges with Milk. | Beef and Cheese Burritos, Green Beans, Fresh Apple Slices with Milk. | Cheesy Chicken Rotini, Peas, Pineapple Tidbits, with Milk | Turkey Burger, Salad, Bananas, WG Hamburger Buns with Milk. |
| 5 | 12 | 13 | 14 | 15 | 16 |
| | CN Chicken Nuggers, Carrots, Blueberries, Hawaiin Roll with Milk. | Sloppy Joe, Green Beans, Diced Pears in Juice, WG Hamburger Buns with Milk. | Chicken Taco Meat with Cheese, Lettuce / Salsa, Corn, Tortilla, Diced Strawberries with Milk. | Salisberry Steak & Gravy, Mashed Potato, Fresh Banana, Cornbread Muffin with Milk. | WG Pizza, Peas, Fresh Apple Slices with Milk. |
| | 19 | 20 | 21 | 22 | 23 |
| | Grilled Cheese, Broccoli, Blueberries, with Milk. | WG Quesadilla, Corn, Pineapple, with Milk. | Teryaki Chicken, Mixed Vegetables, Mango, WG Rice with Milk. | Meatloaf, Mashed Potatoes, Oranges, WG Dinner Roll with Milk. | WG Chicken Tenders, Carrots, Fresh Bananas, Corr Bread, with Milk. |
| | 26 | 27 | 28 | 29 | 30 |
| | Chicken Patties with Cheese, Peas, Fresh Apple Slices, WG Hamburger Buns, with Milk. | WG Turkey Pepperoni Stuffed Crust Pizza, Salad, Diced Strawberries with Milk. | BBQ Meatballs, Carrots, Mango, WG Hot Dog Bun, with Milk. | Lasagna Bake, Green Beans, Fresh Orange with Milk. | WOW Butter, Fresh Carrots, Cheese Sticks, Blueberries with Milk. |
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| | 1 & 2 Years | 3-5 Years | 6-12 Years |
|--------------------------------------|----------------|----------------|------------|
| Meat or meat alternate | 1 oz. | 1 1/2 oz. | 2 oz. |
| Grains Breads Pasta Noodles | 1/2 oz. eq² | 1/2 oz. eq² | 1 oz. eq² |
| Fruit | 1/8 c | 1/4 c. | 1/4 c. |
| Vegetable | 1/8 c | 1/4 c. | 1/2 c. |
| Milk, fluid | 1/2 c | 3/4 c | 1 c |

