Community Action of Southeast Iowa

Classroom Number: **Date:**

K		Monday		Tuesday		Wednesday		Thursday		Friday	
		Freezer Temp		Freezer Temp		Freezer Temp		Freezer Temp		Freezer Temp	
		Refrigerator Temp		Refrigerator Temp		Refrigerator Temp		Refrigerator Temp		Refrigerator Temp	
Breakfast	M/MA	Scrambled Eggs									
	Grain			WG Bagel		WG Muffin		WG Toast		WG French Toast Stick	
	Fruit	Strawberries		Applesauce		Banana		Mixed Berries		Pears	
	Veg										
	Milk	Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%	
AM Snack	Comp 1	Scrambled Eggs		WG Bagel		WG Muffin		WG Toast		WG French Toast Stick	
	Comp 2	Strawberries		Applesauce		Banana		Mixed Berries		Pears	
Lunch	M/MA	Baked Chicken		Ham & Cheese		Sloppy Joe Hamburger		Diced Chicken		Tuna Salad	
	Grain	WG Roll		WG Bread		WG Bun		WG Rice		WG Bread	
	F/V	Melon		Pineapple		Blueberries		Mandarin Orange		Peaches	
	Veg	Mashed Potato		Carrots		Cauliflower		Broccoli & Edamame		Peas	
	Milk	Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%		Ages 1: Whole/ Ages 2-5: 1%	
	Other										
PM Snack	Comp 1	Yogurt		Cucumber		Cheese Cubes		Apple Slices		V8 Fusion	
	Comp 2	Cereal Mix		Wheat Thins		Club Crackers		Cheese Stick		Graham Crackers	

Meals Served	Monday				Tuesday				Wednesday				Thursday				Friday			
	B	S	L	S	B	S	L	S	B	S	L	S	B	S	L	S	B	S	L	S
Adults																				
Children 1-5																				
Children Under 1																				

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Menu Notes:
*Snack consists of 2 of the 5 components.
*Meat and Meat Alternatives may be served in place of the entire grain component at breakfast a maximum of three times per week.
*The fruit component at lunch may be substituted by an additional vegetable.
*1 oz Scoop= 1/8 Cup
*2 oz Scoop= 1/4 Cup
*4 oz Scoop= 1/2 Cup

Menu Substitutions		
Name of Child	Substitution(s) Made	Reason