



			CBS CLOSED 1	2	3
Breakfast			<i>Happy New Year!</i>	Croissants (WG) Apples, Milk	Scoters (WG), Oranges, Milk
Lunch/ Dinner				Cheese Sandwich, Peaches, Corn Cup, Milk	Chicken Patty & Bun., Baby Carrots, Apples, Milk
Snack				Chat Snax, Choice of Juice	Muffins, Choice of Juice
	6	7	8	9	10
Breakfast	Trix (WG), Apples, Milk	Corn Flakes, Peaches, Milk	Yogurt, Mixed Fruit Cup, Milk	Croissants (WG), Plums, Milk	Honey Scooters (WG), Apple, Milk
Lunch/ Dinner	Pizza Sticks (WG), Nectarines, Green Beans, Milk	Veggie Burger & Bun, Peas & Carrots, Apples, Milk	Hot Dog & Bun (WG), Corn, Apple Sauce, Milk	Chesse Sandwich, Green Beans, Apples, Milk	Deli Sandwich (WG), Baby Carrots, Plums, Milk
Snack	Cheez Its, Choice of Juice	Animal Crackers (WG), Choice of Juice	Wheat Crackers (WG), Choice of Juice	Honey Grahams, Choice of Juice	Chat Snax, Choice of Juice
	13	14	15	16	17
Breakfast	Crispy Rice, Peaches, Milk	Frosted Flakes, Apples, Milk	Eggo Pancakes, Mixed Fruit Cup, Milk	Croissants (WG), Peaches, Milk	Scoters (WG), Apples, Milk
Lunch/ Dinner	Pizza Sticks(WG), Peas & Carrots, Clementines, Milk	Sunbutter & Jelly Sandwiches, Corn, Apple Wedges, Milk	Hot Dog & Bun (WG), Green Beans, Apple Sauce, Milk	Cheese Sandwich, Peaches, Peas & Carrots, Milk	Tuna Cups, Slider Roll (WG), Baby Carrots, Peaches, Milk
Snack	Cheez Its, Choice of Juice	Pizza Crackers (WG), Choice of Juice	Chat Snax. Choice of Juice	Mini Snackers, Choice of Juice	Muffins, Choice of Juice
	CBS Closed MLK Day 20	21	22	23	24
Breakfast		Corn Flakes, Apples, Milk	Trix (WG)*, Bananas, Milk	Croissants (WG), Plums, Milk	Honey Scooters (WG), Apples, Milk
Lunch/ Dinner		Chicken Nuggets & Slider roll (WG), Green Beans, Plums, Milk	Hot Dog & Bun (WG), Green Beans, Apple Sauce, Milk	Cheese Sandwich, Peas & Carrots, Apples, Milk	Deli Sandwich (WG), Baby Carrots, Plums, Milk
Snack		Animal Crackers (WG), Choice of Juice	Snack Loves, Choice of Juice	Honey Grahams, Choice of Juice	Chat Snax, Choice of Juice
	27	28	29	30	31
Breakfast	Crispy Rice, Peaches, Milk	Frosted Flakes, Apples, Milk	Philly Roll (WG), Apple Sauce*, Milk	Croissants (WG), Plums, Milk	Scoters (WG), Apples, Milk
Lunch/ Dinner	Pizza Sticks (WG), Corn, Apples, Milk	Egg Salad Sandwich, Green Beans, Peaches, Milk	Hot Dog & Bun (WG), Corn, Apple Sauce, Milk	Cheese Sandwich, Peas & Carrots, Apples, Milk	Veggie Burger & Bun, Baby Carrots, Apples, Milk
Snack	Cheez Its, Choice of Juice	Animal Crackers (WG), Choice of Juice	Wheat Crackers, Choice of Juice	Mini Snackers, Choice of Juice	Muffins, Choice of Juice

*Supplied by Bulk/Supply deliveries. Please fill out online order form when in need of supplies or paper products.

1% milk served to children age 3 and older, Whole milk served to children age 1-2 years.

Choice of Juice: Fruit Punch / Apple / Orange / Berry



MEAL PATTERNS



Breakfast

Serve Milk, Grains*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq

*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

Lunch/Supper

Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	2 servings 2 oz eq

* A serving of milk is not required at supper meals for adults - * oz. eq = ounce equivalents

Snack

Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	1/2 cup - 1% milk	1 cup - 1 % milk	1 cup - 1 % milk
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains	1/2 serving 1/2 oz eq	1/2 serving 1/2 oz eq	1 serving 1 oz eq	1 serving 1 oz eq

*oz. eq = ounce equivalents

