

## New Kituwah Menu 2022

GREEN= GO Foods. Eat Anytime, Very Health=Low bad Fat & high in fiber and nutrients

YELLOW= SLOW Foods, Eat Sometimes, Somewhat Health=higher in bad fats, sugar, and sodium: some nutrients

RED= Whoa foods, Eat only now and then, Not so Healthy= High in bad fats, sugar, and sodium: little or no nutrients

SERVE DATES	Ages	1-2	3-5	Ages	1-2	3-5	Ages	1-2 & 3-5
	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		<b>BREAKFAST</b>		<b>LUNCH</b>			<b>SNACK</b>	
<b>MONDAY</b>								
8/8		WORKDAY		WORKDAY			WORKDAY	
<b>TUESDAY</b>								
8/9		WORKDAY		WORKDAY			WORKDAY	
<b>WEDNESDAY</b>								
8/10		Applesauce Cinn. Toast Milk		Porkloin Pintos/Hominy Cabbage Roll Milk			Oatmeal Pie	
<b>THURSDAY</b>								
8/11		Peach Muffin T. Bacon Milk		Ham/Turkey Sub Cheese/Tomato/Lettuce Oranges Chips Milk			Apple Slices Caramel	
<b>FRIDAY</b>								
8/12		Cereal Banana Milk		Pizza Corn Grapes Milk			Fruit Snacks	

Approved By:

I/T=Infant/Toddler Side

\*=Recipe Provided

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST			LUNCH			SNACK
MONDAY								
8/15		Oatmeal W/W Toast Raisins Milk		Pork n Beans Potato Wedges Asian Pears Milk		Scooby Snack Applesauce		
TUESDAY								
8/16		Ham/Egg/Cheese Wrap Tropical Fruit Milk		Spaghetti Salad Corn Garlic Bread Milk		Nutty Bar		
WEDNESDAY								
8/17		Yogurt/Berries Parfait Granola Milk		Chicken Quesadilla Spanish Rice Salsa Pineapple Milk		Popsicle		
THURSDAY								
8/18		French Toast SF Syrup T. Sausage Milk		Corndog Nuggets Mixed Veggies Sweet Potato Fries Milk		Ambrosia Salad		
FRIDAY								
8/19		Breakfast Pizza Pears Milk		Frito Pie Chili Lettuce/Tomato/Cheese Fruit Cocktail Milk		Fig Newton		

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUTI/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY		Diced Potatoes Gravy Mixed Fruit Milk		Chicken n Dumplings Steamed Carrots Grapes Milk			Teddy Grahams	
8/22								
TUESDAY		Boiled Egg PB+J Sandwich Milk		Hamburger/Bun Lettuce/Tomato/Cheese Fries Pineapple Rings Milk			Chex Mix	
8/23								
WEDNESDAY		Blueberry Bagel Cream Cheese T. Bacon Milk		Baked Ham Sweet Potatoes Green Beans Roll Milk			Rice Cake	
8/24								
THURSDAY		CLOSED		CLOSED			CLOSED	
8/25								
FRIDAY		Pancake/Sausage Wrap SF Syrup Blueberries Milk		Taco Soup Cheese Crackers Orange Slices Milk			Pretzel Bites	
8/26								

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	11/2 Oz	GRAIN/BREAD	½ slice
	FRUTI/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY								
8/29		Grits T. Sausage Peaches Milk		Meatballs Mashed Potatoes Sugar Snap Peas Roll Milk			Pudding Cup	
TUESDAY								
8/30		Cinn. Roll T. Bacon Milk		Chicken Alfredo Broccoli Strawberries Milk			Cheez-Its	
WEDNESDAY								
8/31		Scrambled Eggs Toast Tropical Fruit Milk		BBQ Sandwich Baked Beans Pickle/Slaw Lays Milk			Goldfish Juice	
THURSDAY								
9/1		Biscuit Applesauce Milk		Chicken Tenders Potato Wedges Sliced Apples Milk			Honeybun	
FRIDAY								
9/2		CLOSED		CLOSED			CLOSED	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY								
9/5		CLOSED		CLOSED			CLOSED	
TUESDAY								
9/6		Gravy Biscuit Apricots Milk		Pizza Pasta Corn Salad Milk			Chex Mix	
WEDNESDAY								
9/7		Blueberry Muffin T. Bacon Milk		Chicken n Rice Cali Blend Strawberries Milk			Rice Krispie	
THURSDAY								
9/8		Sausage/Egg/Cheese Burrito Fruit Cocktail Milk		Pinto Beans Mustard Greens Whole Potatoes Cornbread Milk			Go-Gurt	
FRIDAY								
9/9		French Toast Stix T. Sausage Applesauce Milk		Baked Fish Steamed Carrots Mac n Cheese Roll Milk			Mini Muffin	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY								
9/12		Cream of Wheat Peaches T. Bacon Milk		Hamburger Steak Mashed Potatoes Peas Roll Milk			PB Toast	
TUESDAY								
9/13		Waffles Strawberries SF Syrup Milk		Chicken Nuggets Tator Tots Blueberries Milk			Pizza Stick	
WEDNESDAY								
9/14		Bacon/Egg/Cheese Quesadilla Tropical Fruit Milk		Sloppy Joe Pickle Potato Wedges Pineapple Milk			Grapes String Cheese	
THURSDAY								
9/15		Cheese Toast Pears Cottage Cheese Milk		Chicken Pot Pie Broccoli Orange Slices Milk			Donut	
FRIDAY								
9/16		Smoked Sausage Biscuit Tropical Fruit Milk		Turkey Sanwich Lettuce/Tomato/Cheese Cucumbers/Carrots Fruit Cup Chips Milk			Ritz Bits	
GS: Early Release								

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY								
9/19		Skillet Burrito Pears Milk		Chicken Noodle Soup Grilled Cheese Crackers Apples Milk			Strawberry Chex Mix	
TUESDAY								
9/20		Orange Muffin T. Bacon Milk		Pizza Quesadilla Cucumber Salad Corn Milk			Jello Fruit Cup	
WEDNESDAY								
9/21		Baked Apples Cinn. Toast Milk		Meatloaf Mashed Potatoes Peas Roll Milk			Animal Crackers	
THURSDAY								
9/22		Steak Biscuit Tropical Fruit Milk		BBQ Chicken Baked Beans Potato Salad Roll Milk			Rice Cake Juice	
FRIDAY								
9/23		Banana Pop Tart Yogurt Milk		Beef a Roni Corn Pears Roll Milk			Ice Cream	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST			LUNCH			SNACK
MONDAY								
9/26		Croissant Sausage/Egg/Cheese Apricots Milk		Chicken Sandwich Lettuce/Tomato Potato Wedges Grapes Milk		Oatmeal Cookie		
TUESDAY								
9/27		Pancake Blueberries SF Syrup Milk		Tacos Lettuce/Tomato/Cheese Strawberries/Banana Milk		Fruit Smoothie		
WEDNESDAY								
9/28		Cereal Banana Milk		Baked Chicken Mac n Tomato Cabbage Roll Milk		Apple Slices PB/Yogurt Dip		
THURSDAY								
9/29		Bologna Biscuit Juice		Chili/Hominy Cheese Crackers Pears Milk		Granola Bar		
FRIDAY								
9/30		Gravy Scrambled Eggs Toast Milk		Salisbury Steak Mashed Potatoes Green Beans Roll Milk		Banana Nutella Wrap		

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
	GRAIN/BREAD	½ Slice	½ Slice	MEAT/MEAT ALTERNATIVE	1 Oz	1 1/2 Oz	GRAIN/BREAD	½ slice
	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY  10/3		Gravy T. Sausage Biscuit Milk		Steak Quesadilla Garden Blend Rice Salsa Mandarin Oranges Milk			Butterscotch Pudding	
TUESDAY  10/4		Apple Cinn. Muffin T. Bacon Milk		Hotdogs Chili Fruit Cup Chips Milk			NO SNACK	
EARLY RELEASE WEDNESDAY  10/5		CLOSED		CLOSED			CLOSED	
THURSDAY  10/6		IN		SERVICE			TRAINING	
FRIDAY  10/7		IN		SERVICE			TRAINING	

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	ONE SERVING EACH			ONE SERVING EACH				TWO OF FOUR ONLY
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	FRUIT/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST			LUNCH			SNACK
<b>MONDAY</b>  10/10	Grits Scrambled Eggs Apricots Milk		Beef Tips/Gravy Rice Broccoli Pineapple Milk		Nutri-Grain Bar			
<b>TUESDAY</b>  10/11	Fruit/Yogurt Parfait Granola Milk		Grilled Chicken Sandwich Lettuce/Tomato Tator Tots Grapes Milk		Danish			
<b>WEDNESDAY</b>  10/12	Cinn. Roll T. Bacon Milk		Lasagna Creamed Corn Salad Garlic Bread Milk		Blueberry Yogurt			
<b>THURSDAY</b>  10/13	Ham Biscuit Pears Milk		Vegetable Soup Cheese Toast Crackers Apple Slices Milk		Banana Surprise			
<b>FRIDAY</b>  10/14	Sunshine Muffin T. Sausage Milk		Burrito Nachos n Cheese Spanish Rice Oranges Milk		Brownies			

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	FRUTI/VEGETABLE/JUICE	2oz	4 oz	FRUIT/VEGETABLE	1 oz	2 oz	MEAT/MEAT ALTERNATIVE	½ oz
	MILK	4 OZ	6 OZ	FRUIT/VEGETABLE	1 oz	2 oz	YOGURT	2 oz
				FRUIT/VEGETABLE	1 oz	2 oz	FRUIT/VEGETABLE	½ cup
				GRAIN/BREAD	½ slice	½ slice		
				MILK	4 oz	6 oz	MILK	4 oz
		BREAKFAST		LUNCH			SNACK	
MONDAY								
10/17		Oatmeal Toast Raisins Milk		Corndog Nuggets Mixed Veggies Apple Slices Milk			Wafer Juice	
TUESDAY								
10/18		Boiled Egg PB+J Sandwich Milk		Navy Beans Mustard Greens Whole Potatoes Cornbread Milk			Grapes Cracker	
WEDNESDAY								
10/19		Waffles Strawberries SF Syrup Milk		Chicken Alfredo Broccoli Strawberries/Mango Milk			Applesauce Cake	
THURSDAY								
10/20		Peach Muffin T. Bacon Milk		Black Bean Quesadilla Spanish Rice Salsa Pineapple Rings Milk			Pop Tart	
FRIDAY								
10/21		Breakfast Pizza Pears Milk		Ham/Cheese Wrap Cucumber/Carrot Sticks Ranch Fruit Cup Milk			Quaker Snack Mix	
GS: EARLY RELEASE								

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