

#7177 **SUBSTITUTIONS MAY OCCUR.** Menu Subject to Change Substitutes available to children with food allergies or intolerance on CYP website. See "Allergy Substitution." Chilled Water is available throughout the day. Children 12mo-24mo will be served Whole Milk. Children Age 2yrs and above will be served 1% lowfat

ALPHA WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider	October 2, 2023	October 3, 2023	October 4, 2023	October 5, 2023	October 6, 2023

BREAKFAST

Fruit	Apple sauce	Pineapple Tidbits**	Mandarin Oranges	Bananas	Apricots
Meat or Meat Alternative (optional)			Egg Patty	Cheese	
Grains	Life Cereal	Whole Wheat Biscuits		Grits	Whole Grain Rice Chex Cereal
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments		Jelly, Apple Butter	Ketchup		

LUNCH

Fruit	Diced Mango	Apple Sauce	Diced Peaches	Diced Pears	Applesauce
Vegetables	Mashed Potatoes	Green Beans	Broccoli	Diced Carrots	Green Beans
Meat or Meat Alternative (optional)	Meat loaf	Ground Turkey	Meatballs	Ground Turkey	Sliced Ham
Grains	Wheat Roll	Whole Grain Macaroni Noodles	Wheat Rolls	Whole Grain Spaghetti Noodles	Whole Wheat Flour Tortilla
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments	Gravy	Cheese Sauce	BBQ Sauce	Spaghetti Sauce	Mustard, Mayo

SNACK

Fruit				Apple Slices*	
Vegetables					
Meat or Meat Alternative (optional)			Dannon Light & Fit Vanilla Yogurt	Cheese Cubes	
Grains	Sweet potato crackers	Whole Grain Soft Mini Pretzel	Whole Wheat Wild Berry Crackers		Whole Wheat Pita Bread Wedges
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)			Whole Milk (PT) 1% Milk(T, PS)
Condiments		Honey Mustard			Jelly, Apple Butter

Last Snack	Chez-its	Chez-its	Chez-its	Chez-its	Chez-its
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*Please Note: Infants < 12 months will not be served "cheese products" such as cream cheese * Infants/Pre-todds will eat Applesauce ** Infants/Pre-todds will eat lightly steamed carrot shreds***Infants/Pre-todds will eat crushed pineapple****Infants/Pre-todds will eat mixed fruit (For infants and those with allergies parent signature is required)*

Parent Signature:

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This institution is an equal opportunity provider	October 9, 2023	October 10, 2023	October 11, 2023	October 12, 2023	October 13, 2023
BREAKFAST					
Fruit		Pineapple Tidbits**	Mandarin Oranges	Bananas	Blueberries
Meat or Meat Alternative (optional)			Cream of wheat		
Grains		Whole Grain Cherrios Cereal		Whole Wheat Biscuits	Rice Chex
Milk*, Fluid		Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments		Jelly, Apple Butter	Brown Sugar		Jelly, Apple Butter
LUNCH					
Fruit		Fruit Cocktail**	Diced Pears	Diced Mango	Applesauce
Vegetables		Shredded lettuce, Diced Tomatoes	Broccoli	Sweet Potatoes	Diced Carrots
Meat or Meat Alternative (optional)		Ground Beef, Shredded Cheese	Meatballs	Diced Chicken	Cheese Cubes
Grains		Whole Wheat Flour Tortilla	White Rice	Whole Wheat Dinner Roll	Whole Wheat Bread
Milk*, Fluid		Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments		Taco Seasoning	Gravy	BBQ Sauce	Sunbutter, Jelly
SNACK					
Fruit			Stawberries		
Vegetables					
Meat or Meat Alternative (optional)			Dannon Light & Fit Yogurt	Shredded Cheese	
Grains		Whole Grain Goldfish Crackers		Ritz Crackers	Trail Mix (Cheerios, Kix, Rice Chex)
Milk*, Fluid		Whole Milk (PT) 1% Milk(T, PS)		Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments					
Last Snack		Cheddar Goldfish	Cheddar Goldfish	Cheddar Goldfish	Cheddar Goldfish

Please Note: Infants<12 months will not be served "cheese products" such as cream cheese * Infants/Pre-todds will eat Applesauce ** Infants/Pre-todds will eat lightly steamed carrot shreds***Infants/Pre-todds will eat crushed pineapple****Infants/Pre-todds will eat mixed fruit (For infants and those with allergies parent signature is required)

PARENT SIGNATURE:

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CHARLIE WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider	October 16, 2023	October 17, 2023	October 18, 2023	October 19, 2023	October 20, 2023
BREAKFAST					
Fruit	Mandarin Oranges	Diced Pears	Bananas	Fruit Cocktail	Blueberries
Meat or Meat Alternative (optional)					
Grains	Corn Flakes	Mini Bagel	Whole Wheat Buttermilk Pancakes	Oatmeal	Whole Wheat Wild Berry Muffins
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments		Cream Cheese	Syrup	Brown Sugar	
LUNCH					
Fruit	Diced Mango	Fruit Cocktail	Apple Sauce	Diced Pears	Diced Peaches
Vegetables	Peas	Carrots	Corn	Broccoli	Green Beans
Meat or Meat Alternative (optional)	Beef Patty	Ground Turkey	Meatballs	Diced Chicken	Sliced Turkey, Sliced Cheese
Grains	Whole Wheat Roll	Whole Grain Spaghetti Noodles	Whole Wheat Rolls	Whole Grain White Rice	Whole Wheat Pita Bread
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments	Brown Gravy	Tomato Sauce	BBQ Sauce	Cream of Chicken	Mustard, Mayo
SNACK					
Fruit		Strawberries		Pears	
Vegetables					
Meat or Meat Alternative (optional)		Dannon Light & Fit Vanilla Yogurt			
Grains	Sweet Potato Crackers		Wild Berry Animal Crackers	Whole Grain Saltine Crackers	Trail Mix
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)		Whole Milk (PT) 1% Milk(T, PS)		Whole Milk (PT) 1% Milk(T, PS)
Condiments					
Last Snack	Pretzel Goldfish	Pretzel Goldfish	Pretzel Goldfish	Pretzel Goldfish	Pretzel Goldfish

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Signature:

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ALPHA WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider	October 23, 2023	October 24, 2023	October 25, 2023	October 26, 2023	October 27, 2023
BREAKFAST					
Fruit	Apple sauce	Pineapple Tidbits**	Mandarin Oranges	Bananas	Apricots
Meat or Meat Alternative (optional)			Egg Patty	Cheese	
Grains	Life Cereal	Whole Wheat Biscuits		Grits	Whole Grain Rice Chex Cereal
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments		Jelly, Apple Butter	Ketchup		
LUNCH					
Fruit	Diced Mango	Apple Sauce	Diced Peaches	Diced Pears	Applesauce
Vegetables	Mashed Potatoes	Green Beans	Broccoli	Diced Carrots	Green Beans
Meat or Meat Alternative (optional)	Meat loaf	Ground Turkey	Meatballs	Ground Turkey	Sliced Ham
Grains	Wheat Roll	Whole Grain Macaroni Noodles	Wheat Rolls	Whole Grain Spaghetti Noodles	Whole Wheat Flour Tortilla
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)
Condiments	Gravy	Cheese Sauce	BBQ Sauce	Spaghetti Sauce	Mustard, Mayo
SNACK					
Fruit				Apple Slices*	
Vegetables					
Meat or Meat Alternative (optional)			Dannon Light & Fit Vanilla Yogurt	Cheese Cubes	
Grains	Sweet potato crackers	Whole Grain Soft Mini Pretzel	Whole Wheat Wild Berry Crackers		Whole Wheat Pita Bread Wedges
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)			Whole Milk (PT) 1% Milk(T, PS)
Condiments		Honey Mustard			Jelly, Apple Butter
Last Snack	Chez-its	Chez-its	Chez-its	Chez-its	Chez-its

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BRAVO WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
This institution is an equal opportunity provider	October 30, 2023	October 31, 2023			
BREAKFAST					
Fruit	Fruit Cocktail	Pineapple Tidbits**			
Meat or Meat Alternative (optional)					
Grains	Rice Krispy Cereal	Whole Grain Cherrios Cereal			
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)			
Condiments		Jelly, Apple Butter			
LUNCH					
Fruit	Tropical Fruit ****	Strawberries			
Vegetables	Green Peas	Shredded lettuce, Diced Tomatoes			
Meat or Meat Alternative (optional)	Diced Chicken	Ground Beef, Shredded Cheese			
Grains	Linguini Noodles	Whole Wheat Flour Tortilla			
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)			
Condiments	Alfredo Sauce	Taco Seasoning			
SNACK					
Fruit					
Vegetables					
Meat or Meat Alternative (optional)					
Grains	Sweet potato crackers	Whole Grain Goldfish Crackers			
Milk*, Fluid	Whole Milk (PT) 1% Milk(T, PS)	Whole Milk (PT) 1% Milk(T, PS)			
Condiments					
Last Snack	Graham Crackers	Graham Crakers			

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