### LUNCH/SUPPER MENUS

**Age 3-5**

**Day 1**
- Roasted Turkey: 1/2 oz, 1/4 cup
- Pineapple: 1/4 cup
- Sweet Potatoes: 1/4 cup
- Roll: 1 serving
- Milk: 3/4 cup

**Day 2**
- Teriyaki Chicken: 1/2 oz, 1/4 cup
- Mandarin Oranges: 1/4 cup
- Peas: 1/4 cup
- Whole Grain Stir Fry Noodles: 1/4 cup
- Milk: 3/4 cup

**Day 3**
- Salisbury Steak: 1/2 oz
- Diced Mango: 1/4 cup
- Green Beans: 1/4 cup
- Bread: 1/2 slice
- Milk: 3/4 cup

**Day 4**
- Chicken Alfredo: 1/2 oz, 1/4 cup
- Mixed Fruit: 1/4 cup
- Peas & Carrots: 1/4 cup
- Whole Grain Pasta: 1/4 cup
- Milk: 3/4 cup

**Day 5**
- Roast Beef & Cheddar: 1/2 oz
- Watermelon: 1/4 cup
- Spinach: 1/4 cup
- Whole Grain Bun: 1 serving
- Milk: 3/4 cup

**Day 6**
- Meatloaf: 1/2 oz
- Apple Sauce: 1/4 cup
- Broccoli: 1/4 cup
- Whole Grain Roll: 1 slice
- Milk: 3/4 cup

**Day 7**
- Chicken Casserole: 1/2 oz, 1/4 cup
- Pineapple: 1/4 cup
- Peas: 1/4 cup
- Whole Grain Rice: 1/4 cup
- Milk: 3/4 cup

**Day 8**
- Grilled Cheese: 1/2 oz
- Fruit Cocktail: 1/4 cup
- Cucumber: 1/4 cup
- Whole Grain Bread: 1 serving
- Milk: 3/4 cup

**Day 9**
- Meat Lasagna: 1/2 oz
- Apricots: 1/4 cup
- Green Beans: 1/4 cup
- Whole Grain Pasta: 1 serving
- Milk: 3/4 cup

**Day 10**
- Cheeseburger: 1/2 oz, 1/4 cup
- Peaches: 1/4 cup
- Sweet Potato: 1/4 cup
- On Whole Wheat Bun: 1 serving
- Milk: 3/4 cup

**Day 11**
- Chicken Sandwich: 1/2 oz
- Pears: 1/4 cup
- Cooked Diced Carrots: 1/4 cup
- Whole Wheat Bun: 1 serving
- Milk: 3/4 cup

**ISBE USE ONLY**

- Date:
- The menus have been approved; the approved menus may
## LUNCH/SUPPER MENUS

**Day 1**
- **Roasted Turkey**
  - Portion: 1 oz
  - ISBE Correction: 
- **Pineapple**
  - Portion: 1/8 cup
- **Sweet potatoes**
  - Portion: 1/8 cup
- **Roll**
  - Portion: 1/2 serving
- **Milk**
  - Portion: 1/2 cup

**Day 2**
- **Teriyaki Chicken**
  - Portion: 1 oz
- **Mandarin oranges**
  - Portion: 1/8 cup
- **Peas**
  - Portion: 1/8 cup
- **Whole grain Stir Fry noodles**
  - Portion: 1/2 cup
- **Milk**
  - Portion: 1/2 cup

**Day 3**
- **Salisbury Steaks**
- **Diced mango**
- **Green beans**
- **Bread**
  - Portion: 1/2 slice
- **Milk**
  - Portion: 3/4 cup

**Day 4**
- **Chicken Alfredo**
- **Mixed fruit**
  - Portion: 1/8 cup
- **Peas + carrots**
  - Portion: 1/8 cup
- **Whole grain pasta**
  - Portion: 1/4 cup
- **Milk**
  - Portion: 1/2 cup

**Day 5**
- **Roast Beef + Cheddar**
- **Watermelon**
  - Portion: 1/8 cup
- **Spinach**
  - Portion: 1/8 cup
- **On whole grain bun**
  - Portion: 1/2 serving
- **Milk**
  - Portion: 1/2 cup

**Day 6**
- **Meatloaf**
- **Apple sauce**
- **Broccoli**
- **Whole grain roll**
- **Milk**

**Day 7**
- **Chicken Casserole**
- **Pineapple**
  - Portion: 1/8 cup
- **Peas**
  - Portion: 1/8 cup
- **Whole grain rice**
  - Portion: 1/8 cup
- **Milk**
  - Portion: 1/2 cup

**Day 8**
- **Grilled cheese**
  - Portion: 1 oz
- **Fruit cocktail**
  - Portion: 1/8 cup
- **Cucumber**
  - Portion: 1/8 cup
- **On whole grain bread**
  - Portion: 1/2 serving
- **Milk**
  - Portion: 1/2 cup

**Day 9**
- **Meat lasagna**
- **Apricots**
- **Green beans**
- **Whole grain pasta**
- **Milk**

**Day 10**
- **Cheese burger**
- **Peaches**
  - Portion: 1/8 cup
- **Sweet potato**
  - Portion: 1/8 cup
- **On whole wheat bun**
  - Portion: 1/2 serving
- **Milk**
  - Portion: 1/2 cup

**Day 11**
- **Chicken sandwich**
  - Portion: 1 oz
- **Pears**
  - Portion: 1/8 cup
- **Canned diced carrots**
  - Portion: 1/8 cup
- **On whole wheat bun**
  - Portion: 1/2 serving
- **Milk**
  - Portion: 1/2 cup

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