



# Babes on the Square Too

# Weekly Menu

October 21-25, 2024

Meal	Component	Ages 1-2	Ages 3-5	Monday	Tuesday	Wednesday	Thursday	Friday
	Milk	½ cup Whole	¾ cup 2%	milk	milk	milk	milk	milk
<b>Breakfast</b>	Fruit/Vegetable	¼ cup	½ cup	pineapples	peaches	bananas	blueberries	pears
	Grain/Meat	½ oz eq	½ oz eq	cornflakes	waffles	pancakes	cream of wheat	Chex
	Milk	½ cup Whole	¾ cup 2%	milk	milk	milk	milk	milk
	Fruit	1/8 cup	¼ cup	apple sauce	mix fruit	blackberries	mandarin oranges	grapes
<b>Lunch</b>	Vegetable	1/8 cup	¼ cup	sweet peas	roasted broccoli	roasted cauliflower	caesar salad	mix vegetables
	Grain	½ oz eq	½ oz eq	brown rice	ritz crackers	spaghetti noodles	rolls	curry rice
	Meat/Meat Alternative	1 oz	1 ½ oz	bbq meatballs	chicken salad	spaghetti	chicken cheese steaks	fish nuggets
	Milk	½ cup Whole	½ cup 2%	water	water	water	water	water
	Vegetable	½ cup	½ cup					
<b>Snack Pick 2</b>	Fruit	½ cup	½ cup					
	Grain	½ oz eq	½ oz eq	graham crackers	cheez it	wheat thin	cheese curls	pretzel
	Meat/Meat Alternative	½ oz	½ oz	raisins	cheese cubes	sunbutter	mixfruit	pineapple