

University of Idaho Child Development Lab Weekly Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST					
Requirements:					
Whole Grain/Bread ⇒ Ages 1-5: 1/2 serving	WG Life	WG Bagels and Cream Cheese	Tillamook Vanilla Yogurt and Kix Cereal	English Muffins with Jam	Blueberry Chex Cereal
Vegetable/Fruit ⇒ Ages 1-2: 1/4 cup ⇒ Ages 3-5: 1/2 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Milk ⇒ Ages 1-2: 1/2 cup ⇒ Ages 3-5: 3/4 cup	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Substitutions: ⇒ <i>Vegetarian and/or Alt. Fruit Option</i>	Whole Milk	Whole Milk	Whole Milk	Whole Milk	Whole Milk
LUNCH					
Meat and/or Meat Alt. ⇒ Ages 1-2: 1 ounce ⇒ Ages 3-5: 1 1/2 oz.	Lentils of the SW	Toasted Cheese Sandwich and Tomato Soup	Vandal Meat Ground Beef Sloppy Joe	Teriyaki Chicken and Stir Fry Veggies	Macaroni and Cheese
Whole Grain/Bread ⇒ <i>Same as breakfast</i>	WG Brown Rice	WW Bread	WW Bun	WG Brown Rice	WG Noodles
Fruit and/or Vegetable ⇒ Ages 1-2: 1/8 cup ⇒ Ages 3-5: 1/4 cup	Fruit	Fruit	Fruit	Fruit	Fruit
Fruit and/or Vegetable	Vegetable	Vegetable	Vegetable	Vegetable	Vegetable
Milk (same as breakfast)	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk / Whole Milk	1% Milk/Whole Milk
Substitutions: ⇒ <i>Vegetarian and/or Alt. Fruit Option</i>			Veggie Crumble Sloppy Joe	Morning Star Chick N Strips Diced	