



Forks Education Center

Child's Name:

Menu Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Crispy Rice Bananas Milk	Omelet w/cheese bread orange slices milk	Yogurt w/Granola* juice Milk	Bagel* w/Cream cheese Orange Slices Milk	Toasted Oats cereal peaches Milk
Lunch	Chicken Nuggets* Tater tots fruit cocktail Milk	Spaghetti* with Meatballs (and sauce) Pears Green Beans Milk	Waffles, Turkey Sausage Broccoli applesauce Milk	Pulled Chicken Taco corn Pineapple Milk	Double Cheese Pizza Carrots Applesauce Milk
PM Snack	Pretzels Juice	Carrot Sticks with Ranch Dressing (Infant/YT/OT- Ritz Crackers) Milk	Cheese Sticks Milk	Ritz Crackers Juice	Cheez It* Milk
Menu Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Yogurt w/Granola* Bananas Milk	Omelet w/cheese bread slice orange slices milk	Toasted Oats cereal Pears Milk	French Toast Sticks Orange Slices Milk	Crispy Rice Peaches Milk
Lunch	Grilled Cheese Sandwich Tomato Soup Mandarin Oranges Milk	BBQ Pulled Chicken w/roll* Corn Fruit Cocktail Milk	Hot Dog w/bun* Tater tots Orange Slices Milk	Meatballs w/gravy and noodles* Cucumber slices Pineapple Milk	Double Cheese Pizza Carrots Applesauce Milk
PM Snack	Cheese Sticks Juice	Pretzels Milk	Cheese and Ritz Crackers	Goldfish Juice	Cheez It* Milk

Menu Week 3					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Crispy Rice Bananas Milk	Omelet w/cheese bread slice orange slices milk	Toasted Oats cereal Pears Milk	Pancakes Orange Slices Milk	Yogurt w/Granola* Peaches Milk
Lunch	Chicken Patty Broccoli Fruit Cocktail Milk	Mac and Cheese* Green Beans Pears Milk	Fish Sticks* Corn Orange Slices Milk	Ravioli in sauce dinner roll* Mixed Vegetables Pineapple Milk	Double Cheese Pizza Carrots Applesauce Milk
PM Snack	Cheez It* Juice	Cheese and Ritz Crackers	Cheese Sticks Milk	Carrot Sticks with Ranch Dressing (Infant/YT/OT- Ritz Crackers) Milk	Pretzels Juice

*denotes a whole grain item

Children ages 1-2 will receive whole milk and children ages 2 and up will receive 1% milk

There are no pork products on the menu

Any children with food allergies or restricted diets should cross off all food items that should not be served to your child, sign and date and return to the office.

If your child has a food allergy or restricted diet you will need to provide a doctor's note. The note must include the food, action plan, and what the child should have in place of that item. Please note that if your child is allergic to milk, the substitution must be comparable to cow's milk unless stated by a doctor.

___ My child cannot have the items that are crossed off due to allergy/dietary restrictions

Parent Signature _____

Date _____