## Kid's Café Menu Guide and Requirements

## SNACK requirements are: 1 Grain + 1 Protein **OR** 1 Grain/Protein + Juice **OR** 1 Grain/Protein + Milk



## LUNCH / DINNER requirements are: 1 Packaged Meal Tray [\*\*+ 1 fruit] + 1 Milk **OR**1 Meat & Cheese Sandwich + 1 Milk + 1 Fruit + 1 Vegetable **OR** 1 Peanut Butter & Jelly Sandwich + Cheese Stick + 1 Milk + 1 Fruit + 1 Vegetable

You will receive a combination of these items when available. These create a balanced meal or sack lunch for your kids!

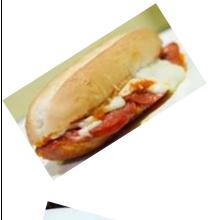
Packaged Meal Tray – 1 Meal Chicken nuggets, beef taco, corndog Meat & Cheese Sandwich – 1 Thaw-and-Serve Sandwich Ham and cheese, turkey and cheese, pizza sub

Fruits – 1 Fruit
Applesauce, peaches, mixed
fruit, dried cranberries

Vegetables – 1 Vegetable Vegetable juice, green Peanut Butter & Jelly Sandwich – 1
PB&J Sandwich
\*must be paired with cheese stick

Milk – 1 carton



















\*\* 2 compartment meal trays should be served with a fruit and a milk

