

wk 2	Monday	1-2	3-5	Tuesday	1-2	3-5	Wednesday	1-2	3-5	Thursday	1-2	3-5	Friday	1-2	3-5
<b>AM Snack</b>															
fluid	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.
grain	Crispis	1/2 c.	1/2c.	raisin bran	1/2 c.	1/2c.	corn flakes	1/2 c.	1/2c.	rice crispies	3/4 c.	3/4 c	Oat O's	1/2 c.	1/2c.

**Breakfast**

grain	veggie sausage patty	1	1	Biscuit	1	1	carrot muffin	1	1	WG English Muffin	1/2	1/2	Pita	1/2	1/2
fruit	mango chunks	1/2c	1/2 c.	mandarin orange	1/2c	1/2 c.	apricot	1/2c	1/2 c.	honeydew	1/2c	1/2 c.	apple slices	1/2c	1/2 c.
fluid	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz
other				jelly pc's						butter pc's			cream cheese pc's		

**Lunch**

	Oven FrdChicken Sandwich	Salisbury Steak	BBQ Pulled Pork Sandwich	Bean and Rice Burrito	Pepperoni Flat bread Pizza
meat	breaded chicken brst	steak patty	pulled pork	veg. re-fried bean	pepperoni Flat bread Pizza
	1 ea	1/2	1 oz	1 oz	1 oz
	1 ea	1	1.5 oz	1.5oz	1.5oz
meat alt.	BBQ tofu	Black bean patty	BBQ Veggie crumble (made from garden burger)	veg. re-fried bean	cheese (flat bread)
	1 oz	1/2	1 oz	1 oz	1oz
	1.5 oz	1	1.5 oz	1.5oz	1.5oz
Vegetable	broccoli	skinless roasted potatoes	baked beans	corn	green beans
	1/8c	1/8 c	1/4 c	1/8c	1/8c
	1/4 c	1/4 c	3/8 c	1/4c	1/4 c
fruit / veg	pineapple tidbit	peaches	watermelon	pear	cantelope
	1/8 c	1/8 c	1/8c	1/8c	1/8 c
	1/4 c	1/4 c	1/4 c	1/4 c	1/4 c
grain	WG bun	WG roll	WG bun	flour tortilla	(flatbread)
	1	1	1/2	1/2	1 oz
	1	1	1	1/2	1oz
fluid	milk	milk	milk	milk	milk
	4 oz	4 oz	4 oz	4 oz	4 oz
	6oz	6oz	6oz	6oz	6oz
other		gravy	BBQ Sauce	rice, cheese	mozerella cheese stick
		1/4 c.	1/4 c.		1
		1/4 c.	1/4 c.		1

**PM Snack**

grain	banana	1	1		Bosco Sticks	1/2	1			WG crackers	1	1	
fruit				Strawberries									
vegetable													
fluid	milk	4 oz	6oz					banana	1/2c	1/2c			
				yogurt	1/4 c	1/4 c		milk	4 oz	6oz	milk	4 oz	6oz
											cheese slice		

Water is always available and offered throughout the day.

**Milk**  
 1 year olds: whole, unflavored  
 2-5 year olds: 1%, unflavored

**Key:**  
 WG= Whole Grain