

wk 4	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	raisin bran	3/4 c	3/4 c	Oat Q's	1/2 c.	1/2c.	Rice Crispes	3/4 c.	3/4 c	Corn flakes	3/4 c	3/4 c	Crispix	1/2 c.	1/2 c.

<b>Breakfast</b>															
grain	WG crackers	4	4	Banana muffin	1	1	WG pancake	1	2	WG english muffin	1/2	1	veggie sausage patty	1	1
fruit	mango chunks	1/2c	1/2c	honeydew	1/2c	1/2 c.	banana	1	1	apple slice	1/2c	1/2 c.	watermelon	1/2c	1/2c
fluid	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz
other							Syrup			jelly pc's	1	1			

**Lunch**

	Ham			Cheeseburger			Chicken Alfredo			Turkey Chili			Pepperoni Flat Bread Pizza		
meat	ham slice	1/2	1	beef patty	1/4	1/2	chicken	1 oz	1.5oz	ground turkey chili	1 oz	1.5oz	Pepperoni	2	3 slices
	Brussel Sprout						Tofu								
meat alt.	Cheese /Rice	2 oz	3 oz	black bean patty	1/4	1/2		1 oz	1.5oz	veg. chili (beans)	1oz	1.5oz	cheese	2	3 slices
Vegetable	Steamed Carrots	1/8c	1/4c	tater tots	1/8c	1/4c	peas	1/4 c	3/8 c	Steamed Broccoli	1/8c	1/4c	Romaine salad	1/4 c	1/2 c
	Steamed Green														
fruit / veg	beans	1/8c	1/4c	apricots diced	1/8c	1/4c	peaches diced	1/8c	1/4c	mandarine oranges	1/8 c	1/4c	pears diced	1/8c	1/4c
grain	Dinner roll	1	1	WG bun	1	1	noodles	1/4	1/2	corn muffin	1	1	(flat bread)		
fluid	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz
other				Cheddar Cheese slice/Ketchup			Alfredo Sauce						cheese stick / ranch	1	1

<b>PM Snack</b>															
grain				pretzel bites	3	4		1/2	1/2				WG cracker	1/2c	1/2c
fruit/juice	Strawberries	1/2 c	1/2 c				cantelope			pineapple	1/2 c.	1/2 c.			
vegetable															
fluid				milk	4 oz	6oz	milk	4 oz	6oz				milk	4 oz	6oz
other	yogurt	1/4	1/4					1 tbs	1 tbs	cottage cheese	1/4 c	1/4 c	hummus		

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