

wk 1 **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

AM Snack												
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.
grain	raisin bran	1/2 c.	1/2c.	crispix	1/2 c.	1/2c.	oat O's	1/2 c.	1/2c.	Corn Flakes	1/2 c.	1/2c.
										Rice Crispies	3/4 c.	3/4 c.

Breakfast												
grain	assorted crackers	4	4	Croissant	1/2	1/2	turkey bacon, veg sausage patty	1	1	whl grn english muff	1/2	1/2
fruit	mandarine orange	1/2 c.	1/2c.	pineapple tidbits	1/2 c.	1/2 c.	grape quarters	1/2 c.	1/2 c.	strawberries	1/2 c.	1/2c.
fluid	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz
other				butter pc's			cheese stick (few)	1		butter pc's		cream cheese pc's

Lunch

	Meatball Sub	Breakfast for Lunch	BBQ shred beef	Sandwich Wrap	Grilled Cheese Sandwich
meat	Meatballs	Sausage patty	bbq shred beef	turkey (deli sliced)with cheese	grilled cheese
	2	1/4	1 oz	1oz	1/2
meat alt.	Tofu	Black Bean patty	veggie crumble (made from garden burger)	veggie and cheese hummus wrap	white bean soup
	1/2c.	1/4	1 oz	1 oz	1/2c.
Vegetable	peas	Hash Brown	spinach salad	sweet potato sticks	Carrots diced steamed
	1/8c	1/2	1/4c	1/8 c.	1/8c
fruit / veg	cantalope	banana	peaches diced	honeydew	pears diced
	1/8 c.	1	1/8c	1/8 c.	1/8c
grain	WG hot dog bun	WG pancake	WG biscuit	flour tortilla	WG bread
	1/2	1	1/2	1/2	
fluid	milk	milk	milk	milk	milk
	4 oz	4 oz	4 oz	4 oz	4 oz
	6oz	6oz	6oz	6oz	6oz
		syrup	BBQ pc's		

PM Snack

grain	zucchini bread muffin	1	1	peeled cucumbers	1/2 c.	1/2 c.	peaches	1/2c	1/2c	naan bread	1/4 c.	1/3 c.
fruit												
other				ranch			graham cracker	1	1	classic hummus	1 tbs	1 tbs
fluid	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz

Water is always available and offered throughout the day.

Key:
WG= Whole Grain

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