

wk 3	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.	milk	1/2 c.	1/2 c.
grain	corn flakes	3/4 c	3/4 c	rice crispies	3/4 c	3/4 c	raisin bran	1/2 c.	1/2c.	crispix	1/2 c.	1/2c.	Oat O's	1/2 c.	1/2c.

Breakfast															
grain	Chex Strawberry Yogurt	1 oz	1oz	WG muffin	1/2	1/2	WG pancake	1	1	WG biscuit	1 pk	1 pk	criossant	1/2	1/2
fruit	applesauce	1/2 c.	1/2 c	strawberry	1/2 c.	1/2 c	cantelope	1/2 c.	1/2 c	watermelon	1/2 c.	1/2 c	mandarin orange	1/2 c.	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				cream cheese pc's			syrup						butter pc's		

Lunch															
	Chicken Nuggets			Taco			Ravioli in Marinara sauce			Sandwich Wrap			Fish Sticks		
meat	Chicken Nuggets	1 oz	1.5 oz	ground taco turkey	1 oz	1.5 oz	beef ravioli	1 oz	1.5 oz	ham and cheese	1 oz	1.5 oz	fish	1 oz	1.5oz
meat a	Vegan Nuggets	1 oz	1.5 oz	Steamed tofu	1 oz	1.5oz	cheese ravioli	1 oz	1.5 oz	grilled veggie, hummus and cheese	1 oz	1.5 oz	veggie sliders (made from falafel)	1 oz	1.5 oz
Vegeta	California Blend	1/8 c	1/4 c	shredded lettuce	1/8 c	1/4 c	Romain salad	1/8c	1/4 c	sweet potato sticks	1/8 c	1/4c	peas	1/8c	1/4 c
fruit /	pineapple	1/4 c.	1/2 c.	corn	1/8 c	1/4c	Pears	1/8 c	1/4 c	broccoli	1/8c`	1/4 c	Peaches	1/8c	1/4c
grain	WG dinner roll	1/2	1	flour wrap	1/2	1	Marinara sauce	1/4 c.	1/2 c.	flour wrap	1/2	1	WG pasta	1 oz	1.5 oz
fluid	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz
other				shredded cheese, sour cream			Cesear dressing						tarter sauce pc's		
				Corn tortilla											

PM Snack															
grain	Bread Stick	1	1				fruit salad	4 cr	1 bag	WG graham cracker			Sunchips (3-5) wheat crackers(0-2)	1/2 c.	1/2 c
fruit				banana	1	1									
vegetable															
fluid	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz	milk	4 oz	6oz
other	cheese sauce										1	1			

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