

wk 5	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	Oat O's	1/2 c.	1/2c.	cornflakes	3/4 c	3/4 c	rice Crispies	3/4 c.	3/4 c	Oat O's	1/2 c.	1/2c.	Raisin bran	3/4 c	3/4 c

Breakfast															
grain	Biscuit	1/2	1	bran muffin	1	1	WG pancake	1	2	WG english muffin	1/2	1/2	banana muffin	1	1
fruit	mango chunks	1/2 c	1/2 c	apple slices	1/2 c	1/2 c.	banana	1	1	apricot	1/2 c	1/2 c	watermelon	1/2 c	1/2c
fluid	milk	4 oz	6 oz	milk	4 oz	6 oz	milk	4 oz	6 oz	milk	4 oz	6 oz	milk	4 oz	6 oz
other	jelly pc's									butter pc's					

Lunch															
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	Turkey			Chicken and Noodles			Pot Roast			Ham and Cheese Croissant			Fish		
meat	Turkey	1 oz	1.5 oz	diced chicken	1oz	1.5 oz	beef (prepared as Pot Roast)	1 oz	1.5 oz	Deli sliced Ham	1 oz	1.5 oz	Fish	2 st	3sticks
meat alt.	Black Bean patty	1 oz	1.5 oz	grilled tofu			Veggie meatloaf	1 oz	1.5 oz	Hummus and veg croissant	1 oz	1.5oz	Veggie Slider (prepared from falafel)	1 oz	1.5 oz
Vegetable	roasted cauliflower	1/8c	1/4c	peas	1/4 c	3/8 c	romaine salad	1/4c	1/2c	Baked beans	1/8c	1/4c	corn	1/8c	1/4c
fruit /veg	Cantaloupe	1/8c	1/4c	peaches diced	1/8 c	1/4c	Diced Pears	1/8c	1/4c	pineapple	1/8c	1/4c	applesause	1/8c	1/4c
grain	WG roll	1	1	egg noodles (cooked in veggie broth)	1 oz	1.5 oz	bread stick	1	1	croissant	1	1	WG mac and cheese	1 oz	1.5 oz
fluid	milk	4 oz	6 oz	milk	4 oz	6 oz	milk	4 oz	6 oz	milk	4 oz	6 oz	milk	4 oz	6 oz
other							caesar dressing			Cheddar cheese slice					

PM Snack															
grain										Bosco Stick	1	1	Goldfish 0-2 Cheez-its(3-5)	1/2c	1/2c
fruit/juice				WG graham cracker	1/2c	2	fruit salad	1/2c	1/2c						
vegetable	cucumber	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
	ranch														

Water is always available and offered throughout the day.

Milk 1 year olds: whole, unflavored 2-5 year olds: 1%, unflavored
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Key:
WG= Whole Grain