

wk 6	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	1/2 c.	milk	1/2	1/2 c.	milk	1/2	1/2 c.	milk	1/2	1/2 c.
grain	Corn Flakes	1/2 c.	1/2c.	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	veggie sausage patty	1	1	WG pancake	1	2	croissants	1/2	1/2	biscuit	1	1	WG english muffin	1/2	1/2
fruit	mandarin orange	1/2c.	1/2 c	apple slice	1/2c.	1/2 c	watermelon	1/2c.	1/2 c	strawberry	1/2c.	1/2 c	pineapple tidbit	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				syrup			cream cheese pc's						jelly pc's		

Lunch

	spaghetti and meatballs	Beef Mac and Cheese	Chicken Nuggets	Sloppy Joe	Pizza / Flat Bread
meat	meatballs	mac beef and tomato casserole prepared with ground beef	Chicken Nuggets	Sloppy Tom (prepared with ground turkey)	pepperoni
meat alt.	veggie meatballs (prepared from garden burger)	Garden Mac and Cheese (prepared with Pasta bean and Cheese)	Vegan Nuggets	Sloppy Jane	cheese (flat bread)
Vegetable	spinach salad	Peas	green beans	Broccoli	spinach salad
fruit / veg	Diced Apricots	diced peaches	diced pear	Sweat potato fries	roasted cauliflower
grain	WG noodles	(pasta)	WG dinner roll	WG bun	(flat bread)
fluid	milk	milk	milk	milk	milk
other			bbq sauce/ketchup		cheese stick

PM Snack															
grain	pita	1/2	1/2			graham cracker			Bread stick	1/2	1	Chex Cereal	1/2c	1/2c	
fruit/juice				banana	1	1									
vegetable	hummus	1 tbs	1 tbs				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

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