

Monday

Breakfast: 1-2
Milk 1/2 cp
Grain 1/2oz.
Fruit 1/2 oz.

Tuesday

3-5 6+ Lunch
3/4 Cp 1cp
1/2oz. Eq. 1 oz. Eq.
1/2 oz. Eq. 1 oz. Eq.

Wednesday

1-2 3-5 6+ Snack
1/2 cp 3/4 cp 1cp
1/2 oz. 1/2 oz Eq. 1 oz Eq.
1/4 oz 1/2 cp 3/4 cp.
1/4 cp 1/2 cp. 3/4 cp
1oz 1.5 oz 2 oz

Thursday

1-2 3-5 6+
Milk 1/2cp 3/4cp 1cp
Grain 1/2 oz. 1/2 oz Eq 1 oz Eq
Fruit 1/4 oz 1/4 cp 3/4cp
Meat 1 oz 1.5 oz 2 oz

Friday

Whole Grain Cinnamon Toast. 1
Banana, Milk
Chicken 'N' Biskit Crackers, Watermelon,
Water
Cheese Nips, Water
Week 3

Multi-Grain Cheerios. Mixed Fruit, Milk
Saltine Crackers, Cheese & Ham Slices, Water
Chicken N Biskit Crackers,
Week 4

French Toast Sticks, Mandarin Oranges, Milk
Sunflower Butter & Jelly on **Whole Grain Tortilla.** Milk
Saltines Crackers, Water

Oatmeal. Apple Slices, Milk
Egg Salad Sandwich on **Whole Grand Bread.**
Apple Juice
Goldfish Crackers, Water

Waffles, Blueberries, Milk
Graham Crackers. Yogurt, Water
Pretzels, Water

Sausage Patty, Biscuit, Melon, Milk
Carrot Sticks w/Ranch, **Whole Grain Ritz Crackers.** Water
Cheese Nips, Water

Kix Cereal. Pears, Milk
Taco Chips, Shredded Cheese, Salsa, Water
Teddy Grahams, Water
Week 5

Bagels w/Cream Cheese,
Pineapple Chunks, Milk
Egg Salad Sandwich on **Whole Grain Bread.** Apple Juice
Whole Grain Ritz Crackers. Water

Scrambled Eggs w/Cheese,
Mandrin Oranges, **Whole Grain Tortilla.**
Milk
Blueberry Muffin, Grape Juice
Cheese Nips, Water

Multi-Grain Cheerios. Strawberries,
Milk
Breadsticks w/Marinara, Cheese Stick. Water
Graham Crackers, Water

Whole Grain Toast w/
Sunflower Butter, Banana, Milk
Center Closed at Noon

Kix Cereal. Mandarin Oranges, Milk
Teddy Grahams, Grapes, Water
Swirl Bread, Water
Week 1

Whole Grain-Cinnamon Toast. Applesauce,
Milk
Wheat Thins, Dried Fruit, Cheese Stick, Water
Saltine Crackers, Water

French Toast Sticks, Mixed Fruit, Milk
Sunflower Butter& Jelly on **Whole Grain on Tortilla.** Milk
Goldfish Crackers, Water

Sausage Patty, Biscuit, Blueberries,
Milk
Ham & Cheese, **Tea & Roll.** Water
Cheese Nips, Water

English Muffins w/Cheese. Pineapple,
Milk
Bagel w/Cream Cheese, Grape Juice
Vanilla Wafers, Water

Multi-Grain Cheerios. Peaches, Milk
Pretzels, Cheese Sticks, Water
Chicken N Biskit, Water
Week 2

Raisin Bread w/Cream Cheese,
Banana, Milk
Egg Salad Sandwich on **Whole Grain Bread.**
Apple Juice
Ritz Crackers, Water

Oatmeal. Mandarin Oranges,
Milk
Cheese Nips, Mixed Fruit, Water
Vanilla Wafers, Water

Scramble Eggs & Cheese, Pears
Whole Grain Toast. Milk
Banana Muffin, Milk
Wheat Thins. Water

Waffles, Strawberries, Milk
Carrot Sticks w/Ranch, **Whole Grain Ritz Crackers.** Water
Graham Cracker. Water