

**Monday**

Breakfast:

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

**Tuesday**

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

Lunch

Milk 1/2 cp  
Grain 1/2 oz.  
Fruit 1/4 oz.  
Vegetables 1/4 cp  
Meat 1oz

**Wednesday**

1-2 3-5 6+  
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

Snack

Milk 1/2cp  
Grain 1/2 oz.  
Fruit 1/4 oz  
Meat 1 oz

**Thursday**

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

**Friday**

French Toast, Applesauce, Milk

**Egg Salad Sandwich on Whole Grain Bread.** Lettuce, Tomato, Oranges Slices, Milk  
Chic 'n' Biscuit Crackers, Melon Slices, Water

Cheese Nips Water Week 3

**Multi-Grain Cheerios,** Diced Pears, Milk

Fish Patty w/Tartar Sauces, **Brown Rice,** Mixed Veggies, Pineapple Chunks, Milk

Ritz, Cheese Slices, Water

Saltines Crackers, Water Week 4

**Oatmeal,** Mixed Fruit, Milk

Corned Beef sandwich on **Whole Grain Bread,** lettuce, tomato, banana, Milk

Cottage Cheese, Peaches, Water

Goldfish Crackers, Water

Rice Chex, Mandarin Oranges, Milk

Chicken Strips, **Brown Rice,** Broccoli, Apple Slices, Milk

Goldfish Crackers, Pears, Water

Vanilla Wafers, Water

Waffles, Melon Slices, Milk

Meat Loaf, Mashed Potatoes, **Whole Grain Bread,** Mixed Fruit, Milk

**Graham Crackers, Yogurt,** Water

Cheese Nips, Water

Raisin Bread Cream Cheese, Banana, Milk

**Ham & Cheese Wrap with Whole Grain Tortilla,** Lettuce, Tomato, Orange slices, Milk

Carrot Stick w/Ranch, Wheat Thins, Water

Chicken N Biskit Crackers, Water

**Kix Cereal,** Mixed Fruit, Milk

Chili w/**Brown Rice,** Corn, Orange Slices, Milk

**Saltine Crackers,** Applesauce, Water

Teddy Graham, Water Week 5

Bagels & Cream Cheese, Pineapple Chunks, Milk

Chicken Patty Sandwich on **Whole Grain Bun,** Lettuce, Tomato Applesauce, Milk

**Graham Crackers,** Peaches, Water

Cheese Nips, Water

Sausage Patties, Biscuits & Peaches, Milk  
**Sunbutter & Jelly Sandwich on Whole Grain Bread, Carrot** Sticks, Banana, Milk

Taco Chips/Soft Tortilla, Cottage Cheese, Salsa, Water

Ritz Crackers, Water

**Oatmeal,** Pears, Milk

Chicken Nuggets, French Fries, Mixed Fruit, **Whole Grain Bread,** Milk

Cheese It, Pineapple, Water

**Graham Crackers,** Water

**Whole Grain Cinnamon Toast,** Orange Slices, Milk

Goldfish Crackers, Pear Slices, milk

Closed at Noon

Kix Cereal, Mandarin Oranges, Milk

Chicken Nuggets, **Brown Rice,** Corn/Carrots, Pineapple Chunks, Milk

Ritz Crackers, Sliced Cheese, Water

**Graham Crackers,** Water Week 1

**Whole Grain-Cinnamon Toast,** Applesauce, Milk

Beef & Macaroni, Broccoli, Orange Slices, Milk

Bagels, Cream Cheese, Grape Juice/Milk

Saltine Crackers, Water

Biscuit w/Jelly, Banana, Milk

**Turkey Sandwich on Whole Grain on Bread,** Lettuce, Tomato, Cantaloupe, Milk

Vanilla Yogurt, Peaches, Water

Goldfish Crackers, Water

English Muffin w/Cheese, Pineapple, Milk

Chicken & **Brown Rice,** Mixed Vegetables, Mandrin Oranges, Milk

**Graham Crackers,** Applesauce, Water

Cheese Nips, Water

Corn Chex Cereal, Peaches, Milk

**Grilled Ham & Cheese on Whole Grain Bread,** Pear Slices, Veggie Sticks, Milk

Goldfish Crackers, Mixed Fruit, Milk

Vanilla Wafers, Water

**Cheerios, Peaches,** Milk

Macaroni & Cheese w/Ham, Green Bean, Mixed Fruit, Milk

Cottages Cheese, Pineapple, Water

**Wheat Thin,** Water

Week 2

Yogurt & Granola, Banana, Milk

Beef/Cheese & Rigatoni, Broccoli, **Whole Grain Bread,** Milk

Saltine Crackers, Melon Slices, Water

Ritz Crackers, Water

Scramble Eggs & Cheese, Pears, **Whole Grain Tortilla,** Milk

Tuna Salad Sandwich on **Whole Grain Bread,** Cheese, Cucumber, Lettuce, Apple Slice, Milk

Goldfish Crackers, Mixed Fruit, Water

Vanilla Wafers, Water

**Oatmeal,** Mandarin Oranges, Milk

Taco Salad, Seasoned Beef, Lettuce Tomato, Pineapple, Tortilla Chips, Milk

Banana Muffin, Milk

Chicken N Biskit Crackers, Water

Waffles, Applesauce Milk

Teriyaki Chicken, **Brown Rice,** Mixed Vegetable Mixed Fruit, Milk

Carrot Sticks w/Ranch, Wheat Thins, Water

**Graham Cracker,** Water