

# Week 1

Breakfast  
& Lunch:

Wobs-4 oz  
Unflavored  
Whole  
Milk

Tods -4 oz  
Unflavored  
1% Milk

PK -6 oz  
Unflavored  
1% milk

Blue Text = +  
36 mo

Mon	Tue	Wed	Thu	Fri
<b>Breakfast -</b> Yogurt (1/2 C) Blueberries (1/2 C)	<b>Breakfast -</b> Fruit Smoothie (1/2C fruit/ 4 oz milk) Toast (1/2 slice) (WG)	<b>Breakfast-</b> Instant Oatmeal (1/4 C) (WG) Peaches (1/2 C)	<b>Breakfast -</b> Pancakes (.5 oz grain) Strawberries (1/2 C)	<b>Breakfast-</b> Cinnamon Life Cereal (1/2 C) Banana (1/2)
<b>Lunch -</b> Grilled Ham & Cheese Sandwich (WG) (.5 Oz) Ham/Cheese (1.5 Oz) Tomato Soup (1 C) Grapes (1/4 C)	<b>Lunch -</b> Chicken Nuggets CN Chicken (1.5 Oz) Breadding(.5 Oz grain) Carrots (1/4 C) Mangoes (1/4 C)	<b>Lunch -</b> Chicken Noodle Soup (1.5 oz chicken, 1/4 C veggies, 1/2 C pasta per serving) Apple Slices (1/4 C)	<b>Lunch -</b> Bean & Cheese Burrito Tortilla WG (.5 Oz) Bean/Cheese (1.5 Oz) Corn (1/4 C) Pears (1/4 C)	<b>Lunch -</b> Spaghetti w/Meat Sauce (1/2 C pasta, (WG) 1/4 C tomato sauce, 1.5 Oz meat) Pineapple (1/4 C)
<b>PM Snack -</b> Apple Slices (1/2 C) Yogurt (1/2 C)	<b>PM Snack -</b> Teddy grahams (.5 oz) Orange slices (1/2C)	<b>PM Snack -</b> Animal crackers (.5 Oz) Fruit juice (4 oz)	<b>PM Snack -</b> Trail Mix (1/2 C) (Chex, pretzels) Raisins (1/4 C)	<b>PM Snack -</b> Goldfish (.5 oz grain) String cheese (.5 oz)

# Week 2

Breakfast  
& Lunch:  
Tods-4 oz  
Unfla-  
vored  
whole  
milk

PK -6 oz  
Unfla-  
vored  
1% milk

Blue Text =  
+ 36 mo

Mon	Tue	Wed	Thu	Fri
<b>Breakfast -</b> Instant Oatmeal (1/4 C) (WG) Blueberries (1/2 C)	<b>Breakfast -</b> Fruit Smoothie (1/2C fruit/ 4 oz milk) Toast (1/2 slice) (WG)	<b>Breakfast-</b> Yogurt (1/2 C) Mixed Berries (1/2 C)	<b>Breakfast -</b> Waffles (.5 Oz Grain) Strawberries (1/2 C)	<b>Breakfast-</b> Berry/Plain Cheerios (1/2 C) (WG) Banana (1/2)
<b>Lunch -</b> Fish Sticks CN label Fish (1.5 Oz) Breading (.5 Oz) French Fries (1/4 C) Pineapple (1/4 C)	<b>Lunch -</b> Chicken Pot Pie Chicken (1.5 Oz) Mashed Potatoes (1/4 C) Biscuit (1 Serving) Mangoes (1/4 C)	<b>Lunch -</b> Mac n' Cheese (WG) Pasta (1/2 C = .5 Oz) Cheese((1.5 Oz) Broccoli (1/4 C) Apple Sauce (1/4 C)	<b>Lunch -</b> Chicken (1.5 Oz) Baked Potato (1/4) Quinoa WG (1/2 C) Pears (1/4 C)	<b>Lunch -</b> Cheese Quesadilla Tortilla WG (.5 Oz) Cheese (1.5 Oz) Tomatoes (1/4 C) Blueberries (1/4 C)
<b>PM Snack -</b> Apple Slices (1/2 C) Animal Crackers (.5 Oz)	<b>PM Snack -</b> Carrots (1/2 C) Goldfish (.5 Oz grain)	<b>PM Snack -</b> 100% Fruit Juice (4 oz) Graham Crackers (.5 Oz grain)	<b>PM Snack -</b> TeddyGrahams (.5 Oz grain) Pineapple (1/2C)	<b>PM Snack -</b> String Cheese (.5 Oz) Pretzels (.5 Oz grain)