

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	¼ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	¼ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1 PANCAKE W/SYRUP
JUICE/FRUIT	¼ CUP PEARS	¼ CUP PINEAPPLE	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP APPLESAUCE
LUNCH					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	¼ CUP SPAGHETTI	1/8 CUP MAC N CHEESE	1 BREAD/BUN	PIZZA CRUST	1 SLICE BREAD
FRUIT	1/8 CUP PEACHES	1/8 CUP PEARS	1/8 CUP FRUIT COCKTAIL	1/8 CUP PEACHES	1/8 CUP ORANGES
VEGETABLE	1/8 CUP TOMATO SAUCE	1/8 CUP CORN	1/8 CUP BAKED BEANS	1/8 CUP CARROTS	1/8 CUP GR. BEANS
MEAT/ALTERNATIVE	3 MEATBALLS	2 PIECES OF FISH	1 HOTDOG	½ SLICE PIZZA	1 ½ SLICES OF CHEESE
AM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE
BREAD/ALTERNATIVE	3 SALTINES	3 RITZ CRACKERS	¼ CUP CHEESE NIPS	4 ANIMAL CRACKERS	OYSTER CRACKERS
PM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK
BREAD/ALTERNATIVE	¼ CUP APPLESAUCE	3 CLUB CRACKERS	3 SALTINES	3 CLUB CRACKERS	1 LARGE GRAHAM CRACKER

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #1
AGES 1-2 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	1/3 CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1/3 CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1 PANCAKE W/SYRUP
JUICE/FRUIT	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP ORANGES	½ CUP PEARS	½ CUP APPLESAUCE
LUNCH					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	½ CUP SPAGHETTI	¼ CUP MAC N CHEESE	1 BREAD/BUN	PIZZA CRUST	2 SLICE BREAD
FRUIT	¼ CUP PEACHES	¼ CUP PEARS	¼ CUP FRUIT COCKTAIL	¼ CUP PEACHES	¼ CUP ORANGES
VEGETABLE	¼ CUP TOMATO SAUCE	¼ CUP CORN	¼ CUP BAKED BEANS	¼ CUP CARROTS	¼ CUP GR. BEANS
MEAT/ALTERNATIVE	4 MEATBALLS	4 PIECES OF FISH	1 HOTDOG	1 SLICE PIZZA	3 SLICES OF CHEESE
AM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE
BREAD/ALTERNATIVE	4 SALTINES	4 RITZ CRACKERS	1/3 CUP CHEESE NIPS	6 ANIMAL CRACKERS	7 TORTILLA CHIPS W/ RANCH
PM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK
BREAD/ALTERNATIVE	1/2 CUP APPLESAUCE	4 CLUB CRACKERS	1/3 CUP PRETZELS	4 RITZ CRACKERS	2 LARGE GRAHAM CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #1
AGES 3-5 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	¾ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	¾ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1 PANCAKE W/SYRUP
JUICE/FRUIT	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP ORANGES	½ CUP PEARS	½ CUP APPLESAUCE
LUNCH					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	½ CUP SPAGHETTI	1/3 CUP MAC N CHEESE	1 ½ BREAD/BUN	PIZZA CRUST	3 SLICE BREAD
FRUIT	½ CUP PEACHES	½ CUP PEARS	½ CUP FRUIT COCKTAIL	½ CUP PEACHES	½ CUP ORANGES
VEGETABLE	½ CUP TOMATO SAUCE	½ CUP CORN	½ CUP BAKED BEANS	½ CUP CARROTS	½ CUP GR. BEANS
MEAT/ALTERNATIVE	6 MEATBALLS	5 PIECES OF FISH	1 ½ HOTDOGS	1 SLICE PIZZA	4 SLICES OF CHEESE
AM SNACK					
MILK/JUICE	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE
BREAD/ALTERNATIVE	6 SALTINES	6 RITZ CRACKERS	¾ CUP CHEESE NIPS	7 ANIMAL CRACKERS	9 TORTILLA CHIPS W/ RANCH
PM SNACK					
MILK/JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK
BREAD/ALTERNATIVE	¾ CUP APPLESAUCE	6 CLUB CRACKERS	¾ CUP PRETZELS	6 RITZ CRACKERS W/PB	2 LARGE GRAHAM CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #1
AGES 6-12 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/SYRUP	¼ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1 PANCAKE W/ SYRUP	¼ CUP COLD CEREAL
JUICE/FRUIT	¼ CUP FR. COCKTAIL	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP PINEAPPLE	¼ CUP PEACHES
LUNCH					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE		3 RITZ CRACKERS	1 SLICE BREAD	PIZZA CRUST	1 BREAD/BUN
FRUIT	1/8 CUP PEACHES	1/8 CUP PINEAPPLE	1/8 CUP ORANGES	1/8 CUP PEARS	1/8 CUP PINEAPPLE
VEGETABLE	6 FRENCH FRIES	3 HASHBROWNS	1/8 CUP CORN	1/8 CUP GR. BEANS	1/8 CUP BAKED BEAN
MEAT/ALTERNATIVE	3 CHICKEN NUGGETS	½ SCRAMBLED EGG	½ SLICE TURKEY & CHEESE	½ SLICE PIZZA	1 HOTDOG
AM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE
BREAD/ALTERNATIVE	OYSTER CRACKERS	¼ CUP APPLESAUCE	3 RITZ CRACKERS	1 LARGE GRAHAM CRACKER	3 RITZ CRACKERS
PM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK
BREAD/ALTERNATIVE	3 CLUB CRACKERS	3 SALTINES	4 ANIMAL CRACKERS	3 CLUB CRACKERS	¼ CUP CHEESE NIPS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #2
AGES 1-2 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/SYRUP	1/3 CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1 PANCAKE W/ SYRUP	1/3 CUP COLD CEREAL
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP ORANGES	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP PEACHES
LUNCH					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE		4 RITZ CRACKERS	2 SLICE BREAD	PIZZA CRUST	1 BREAD/BUN
FRUIT	¼ CUP PEACHES	¼ CUP PINEAPPLE	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP PINEAPPLE
VEGETABLE	8 FRENCH FRIES	5 HASHBROWNS	¼ CUP CORN	¼ CUP GR. BEANS	¼ CUP BAKED BEAN
MEAT/ALTERNATIVE	4 CHICKEN NUGGETS	1 SCRAMBLED EGG	1 SLICE TURKEY & CHEESE	1 SLICE PIZZA	1 HOTDOG
AM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE
BREAD/ALTERNATIVE	1/3 CUP PRETZELS	½ CUP APPLESAUCE	4 RITZ CRACKERS	2 LARGE GRAHAM CRACKERS	4 RITZ CRACKERS
PM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK
BREAD/ALTERNATIVE	7 TORTILLA CHIPS W/ RANCH	4 SALTINES	6 ANIMAL CRACKERS	4 CLUB CRACKERS	1/3 CUP CHEESE NIPS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #2
AGES 3-5 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/SYRUP	¾ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1 PANCAKE W/ SYRUP	¾ CUP COLD CEREAL
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP ORANGES	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP PEACHES
LUNCH					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE		6 RITZ CRACKERS	2 SLICE BREAD	PIZZA CRUST	1 ½ BREAD/BUN
FRUIT	½ CUP PEACHES	½ CUP PINEAPPLE	½ CUP ORANGES	½ CUP PEARS	½ CUP PINEAPPLE
VEGETABLE	14 FRENCH FRIES	7 HASHBROWNS	½ CUP CORN	½ CUP GR. BEANS	½ CUP BAKED BEAN
MEAT/ALTERNATIVE	5 CHICKEN NUGGETS	1 SCRAMBLED EGG	1 SLICE TURKEY & CHEESE	1 SLICE PIZZA	1 ½ HOTDOG
AM SNACK					
MILK/JUICE	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE
BREAD/ALTERNATIVE	¾ CUP PRETZELS	¾ CUP APPLESAUCE	6 RITZ CRACKERS	2 LARGE GRAHAM CRACKERS	6 RITZ CRACKERS
PM SNACK					
MILK/JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK
BREAD/ALTERNATIVE	9 TORTILLA CHIPS W/ RANCH	6 SALTINES	7 ANIMAL CRACKERS	6 CLUB CRACKERS	¾ CUP CHEESE NIPS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #2
AGES 6-12 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/ SYRUP	½ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	¼ CUP COLD CEREAL	1 PANCAKE W/SYRUP
JUICE/FRUIT	¼ CUP FR. COCKTAIL	¼ CUP ORANGES	¼ CUP FR. COCKTAIL	¼ CUP APPLESAUCE	¼ CUP PEACHES
LUNCH					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	1 SLICE BREAD	1/8 CUP MAC N CHEESE	3 RITZ CRACKERS	PIZZA CRUST	¼ CUP SPAGHETTI
FRUIT	1/8 CUP PINEAPPLE	1/8 CUP PEARS	1/8 CUP APPLESAUCE	1/8 CUP PINEAPPLE	1/8 CUP ORANGES
VEGETABLE	6 FRENCH FRIES	1/8 CUP CORN	3 HASHBROWNS	1/8 CUP GR. BEANS	1/8 CUP TOMATO SAUCE
MEAT/ALTERNATIVE	½ SLICE TURKEY & CHEESE	3 CHICKEN NUGGETS	½ SCRAMBLED EGG	½ SLICE PIZZA	3 MEATBALLS
AM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	OYSTER CRACKERS	3 SALTINES	4 ANIMAL CRACKERS	3 CLUB CRACKERS	½ CUP APPLESAUCE
PM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP JUICE
BREAD/ALTERNATIVE	1 LARGE GRAHAM CRACKER	3 CLUB CRACKERS	¼ CUP CHEESE NIPS	OYSTER CRACKERS	3 RITZ CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #3

AGES 1-2 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/ SYRUP	1/3 CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1/3 CUP COLD CEREAL	1 PANCAKE W/SYRUP
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP ORANGES	½ CUP FR. COCKTAIL	½ CUP APPLESAUCE	½ CUP PEACHES
LUNCH					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	2 SLICES OF BREAD	¼ CUP MAC N CHEESE	4 SALTINES	PIZZA CRUST	½ CUP SPAGHETTI
FRUIT	¼ CUP PINEAPPLE	¼ CUP PEARS	¼ CUP APPLESAUCE	¼ CUP PINEAPPLE	¼ CUP ORANGES
VEGETABLE	8 FRENCH FRIES	¼ CUP CORN	5 HASHBROWNS	¼ CUP GR. BEANS	¼ CUP TOMATO SAUCE
MEAT/ALTERNATIVE	1 SLICE TURKEY & CHEESE	4 CHICKEN NUGGETS	1 SCRAMBLED EGG	1 SLICE PIZZA	4 MEATBALLS
AM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	7 TORTILLA CHIPS W/ RANCH	1/3 CUP PRETZELS	6 ANIMAL CRACKERS	4 CLUB CRACKERS	½ CUP APPLESAUCE
PM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP JUICE
BREAD/ALTERNATIVE	2 LARGE GRAHAM CRACKERS	4 CLUB CRACKERS	1/3 CUP CHEESE NIPS	1/3 CUP PRETZELS	4 RITZ CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #3
AGES 3-5 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/ SYRUP	3/4 CUP COLD CEREAL	1 WAFFLES W/SYRUP	3/4 CUP COLD CEREAL	1 PANCAKE W/SYRUP
JUICE/FRUIT	1/2 CUP FR. COCKTAIL	1/2 CUP ORANGES	1/2 CUP FR. COCKTAIL	1/2 CUP APPLESAUCE	1/2 CUP PEACHES
LUNCH					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	2 SLICES OF BREAD	1/3 CUP MAC N CHEESE	5 SALTINES	PIZZA CRUST	1/2 CUP SPAGHETTI
FRUIT	1/2 CUP PINEAPPLE	1/2 CUP PEARS	1/2 CUP APPLESAUCE	1/2 CUP PINEAPPLE	1/2 CUP ORANGES
VEGETABLE	14 FRENCH FRIES	1/2 CUP CORN	7 HASHBROWNS	1/2 CUP GR. BEANS	1/2 CUP TOMATO SAUCE
MEAT/ALTERNATIVE	1 SLICE TURKEY AND CHEESE	5 CHICKEN NUGGETS	1 SCRAMBLED EGG	1 SLICE PIZZA	6 MEATBALLS
AM SNACK					
MILK/JUICE	3/4 CUP JUICE	1 CUP MILK	3/4 CUP JUICE	1 CUP MILK	3/4 CUP MILK
BREAD/ALTERNATIVE	9 TORTILLA CHIPS W/ RANCH	3/4 CUP PRETZELS	7 ANIMAL CRACKERS	6 CLUB CRACKERS	3/4 CUP APPLESAUCE
PM SNACK					
MILK/JUICE	1 CUP MILK	3/4 CUP JUICE	1 CUP MILK	3/4 CUP JUICE	1 CUP JUICE
BREAD/ALTERNATIVE	2 LARGE GRAHAM CRACKERS	6 CLUB CRACKERS	3/4 CUP CHEESE NIPS	3/4 CUP PRETZELS	6 RITZ CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #3

AGES 6-12 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	¼ CUP COLD CEREAL	1 PANCAKE W/SYRUP	¼ CUP COLD CEREAL	1 WAFFLE W/ SYRUP	¼ CUP COLD CEREAL
JUICE/FRUIT	¼ CUP FR. COCKTAIL	¼ CUP PEACHES	¼ CUP FR. COCKTAIL	¼ CUP APPLESAUCE	¼ CUP PINEAPPLE
LUNCH					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE		¼ CUP SPAGHETTI	1 SLICE OF BREAD	PIZZA CRUST	1 BREAD/BUN
FRUIT	1/8 CUP APPLESAUCE	1/8 CUP PINEAPPLE	1/8 CUP ORANGES	1/8 CUP PEARS	1/8 CUP FR. COCKTAIL
VEGETABLE	6 FRENCH FRIES	1/8 CUP TOMATO SAUCE	1/8 CUP GR. BEANS	1/8 CUP CORN	1/8 CUP BAKED BEANS
MEAT/ALTERNATIVE	2 PIECES OF FISH	3 MEATBALLS	1 ½ SLICES OF CHEESE	½ SLICE PIZZA	1 HOTDOG
AM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK
BREAD/ALTERNATIVE	3 SALTINES	OYSTER CRACKERS	½ CUP APPLESAUCE	¼ CUP CHEESE NIPS	3 RITZ CRACKERS
PM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE
BREAD/ALTERNATIVE	¼ CUP CHEESE NIPS	¼ CUP PEARS	3 SALTINES	1 LARGE GRAHAM CRACKER	4 ANIMAL CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #4
AGES 1-2 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	1/3 CUP COLD CEREAL	1 PANCAKE W/ SYRUP	1/3 CUP COLD CEREAL	1 WAFFLE W/ SYRUP	1/3 CUP COLD CEREAL
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP PEACHES	½ CUP FR. COCKTAIL	½ CUP APPLESAUCE	½ CUP PINEAPPLE
LUNCH					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE		½ CUP SPAGHETTI	2 SLICES OF BREAD	PIZZA CRUST	1 BREAD/BUN
FRUIT	¼ CUP APPLESAUCE	¼ CUP PINEAPPLE	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP FR. COCKTAIL
VEGETABLE	8 FRENCH FRIES	¼ CUP TOMATO SAUCE	¼ CUP GR. BEANS	¼ CUP CORN	¼ CUP BAKED BEANS
MEAT/ALTERNATIVE	4 FISH STICKS	4 MEATBALLS	3 SLICES OF CHEESE	1 SLICE PIZZA	1 HOTDOG
AM SNACK					
MILK/JUICE	½ CUP JUICE	½ CUP JUICE	½ CUP MILK	½ CUP JUICE	½ CUP MILK
BREAD/ALTERNATIVE	4 SALTINES	1/3 CUP PRETZELS	½ CUP APPLESAUCE	1/3 CUP CHEESE NIPS	4 RITZ CRACKERS
PM SNACK					
MILK/JUICE	½ CUP MILK	½ CUP MILK	½ CUP JUICE	½ CUP MILK	½ CUP JUICE
BREAD/ALTERNATIVE	1/3 CUP CHEESE NIPS	7 TORTILLA CHIPS W/ RANCH	4 SALTINES	2 LARGE GRAHAM CRACKERS	6 ANIMAL CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #4
AGES 3-5 YEARS

WEEK OF: _____

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	¾ CUP COLD CEREAL	1 ½ PANCAKE W/SYRUP	¾ CUP COLD CEREAL	1 ½ WAFFLE W/ SYRUP	¾ CUP COLD CEREAL
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP PEACHES	½ CUP FR. COCKTAIL	½ CUP APPLESAUCE	½ CUP PINEAPPLE
LUNCH					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE		½ CUP SPAGHETTI	3 SLICES OF BREAD	PIZZA CRUST	1 ½ BUN
FRUIT	½ CUP APPLESAUCE	½ CUP PINEAPPLE	½ CUP ORANGES	½ CUP PEARS	½ CUP FR. COCKTAIL
VEGETABLE	14 FRENCH FRIES	½ CUP TOMATO SAUCE	½ CUP GR. BEANS	½ CUP CORN	½ CUP BAKED BEANS
MEAT/ALTERNATIVE	5 FISH STICKS	6 MEATBALLS	4 SLICES OF CHEESE	1 SLICE PIZZA	1 ½ HOT DOGS
AM SNACK					
MILK/JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK
BREAD/ALTERNATIVE	6 SALTINES	¾ CUP PRETZELS	¾ CUP APPLESAUCE	¾ CUP CHEESE NIPS	6 RITZ CRACKERS
PM SNACK					
MILK/JUICE	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE	1 CUP MILK	¾ CUP JUICE
BREAD/ALTERNATIVE	¾ CUP CHEESE NIPS	9 TORTILLA CHIPS W/ RANCH	6 SALTINES	2 LARGE GRAHAM CRACKERS	7 ANIMAL CRACKERS

- ALL BREAKFAST ITEMS ARE WHOLE GRAIN
- CHILDREN FROM 12 MONTHS TO 24 MONTHS WILL BE SERVED WHOLE MILK
- CHILDREN 24 MONTHS AND ABOVE WILL BE SERVED 1 % MILK

WEEK #4
AGES 6-12 YEARS

WEEK OF: _____