

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	½ CUP COLD CEREAL (WG) - CHEERIOS	1 WAFFLE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) - MINI WHEATS	1 WAFFLE W/ SYRUP (WG)	1 PANCAKE W/SYRUP (WG)
JUICE/FRUIT	¼ CUP PEARS	¼ CUP PINEAPPLE	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP APPLESAUCE
<b>LUNCH</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	3 FRENCH TOAST STICKS	1/4 CUP SPAGHETTI	1 BREAD/BUN	PIZZA CRUST	1 TORTILLA SHELL
FRUIT	1/8 CUP PEARS	1/8 CUP PEACHES	1/8 CUP FRUIT COCKTAIL	1/8 CUP PEACHES	1/8 CUP ORANGES
VEGETABLE	1/8 CUP CORN	1/8 CUP TOMATOE SAUCE	1/8 CUP BAKED BEANS	1/8 CUP CARROTS	1/8 CUP GR. BEANS
MEAT/ALTERNATIVE	1 SAUSAGE PATTY	3 MEATBALLS	1 HOTDOG	½ SLICE PIZZA	2 SLICE TURKEY & CHEESE (each)
<b>AM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Grape)	½ CUP MILK	½ CUP JUICE (100 % Apple)	½ CUP MILK	½ CUP JUICE (100% Grape)
BREAD/ALTERNATIVE	3 SALTINES	3 RITZ CRACKERS	¼ CUP CHEESE NIPS	4 ANIMAL CRACKERS	OYSTER CRACKERS
<b>PM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK
BREAD/ALTERNATIVE	1/2 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 UNFLAVORED 1 % MILK

**WEEK #1**  
**AGES 1-2 YEARS**

WEEK OF: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	½ CUP COLD CEREAL (WG) -CHEERIOS	1 WAFFLE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) -MINI WHEATS	1 WAFFLE W/ SYRUP (WG)	1 PANCAKE W/SYRUP (WG)
JUICE/FRUIT	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP ORANGES	½ CUP PEARS	½ CUP APPLESAUCE
<b>LUNCH</b>					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	4 FRENCH TOAST STICKS	1/4 CUP SPAGHETTI	1 BREAD/BUN	PIZZA CRUST	1 TORTILLA SHELL
FRUIT	¼ CUP PEARS	¼ CUP PEACHES	¼ CUP FRUIT COCKTAIL	¼ CUP PEACHES	¼ CUP ORANGES
VEGETABLE	¼ CUP CORN	¼ CUP TOMATO SAUCE	¼ CUP BAKED BEANS	¼ CUP CARROTS	¼ CUP GR. BEANS
MEAT/ALTERNATIVE	1 SAUSAGE PATTY	4 MEATBALLS	1 HOTDOG	1 SLICE PIZZA	3 SLICE TURKEY & CHEESE (each)
<b>AM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Grape)	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Grape)
BREAD/ALTERNATIVE	4 SALTINES	4 RITZ CRACKERS	1/3 CUP CHEESE NIPS	6 ANIMAL CRACKERS	7 TORTILLA CHIPS W/ RANCH
<b>PM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Apple)	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 UNFLAVORED 1% MILK

**WEEK #1**

**AGES 3-5 YEARS**

**WEEK OF: \_\_\_\_\_**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	1 CUP COLD CEREAL (WG) -CHEERIOS	1 ½ WAFFLE W/ SYRUP (WG)	1 CUP COLD CEREAL (WG) -MINI WHEATS	1 ½ WAFFLE W/ SYRUP (WG)	1 ½ PANCAKE W/SYRUP (WG)
JUICE/FRUIT	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP ORANGES	½ CUP PEARS	½ CUP APPLESAUCE
<b>LUNCH</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	6 FRENCH TOAST STICKS	½ CUP SPAGHETTI	1 ½ BREAD/BUN	PIZZA CRUST	2 TORTILLA SHELLS
FRUIT	¼ CUP PEARS	¼ CUP PEACHES	¼ CUP FRUIT COCKTAIL	¼ CUP PEACHES	¼ CUP ORANGES
VEGETABLE	½ CUP CORN	½ CUP TOMATO SAUCE	½ CUP BAKED BEANS	½ CUP CARROTS	½ CUP GR. BEANS
MEAT/ALTERNATIVE	2 SAUSAGE PATTIES	6 MEATBALLS	1 ½ HOTDOGS	1 SLICE PIZZA	4 SLICE TURKEY & CHEESE (each)
<b>AM SNACK</b>					
MILK/JUICE	¾ CUP JUICE (100% Grape)	1 CUP MILK	¾ CUP JUICE (100% Apple)	1 CUP MILK	¾ CUP JUICE (100% Grape)
BREAD/ALTERNATIVE	6 SALTINES	6 RITZ CRACKERS	¾ CUP CHEESE NIPS	7 ANIMAL CRACKERS	9 TORTILLA CHIPS W/ RANCH
<b>PM SNACK</b>					
MILK/JUICE	1 CUP MILK	¾ CUP JUICE (100% Apple)	1 CUP MILK	¾ CUP JUICE (100% Apple)	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 UNFLAVORED 1 % MILK

**WEEK #1**  
**AGES 6-12 YEARS**

**WEEK OF: \_\_\_\_\_**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/SYRUP (WG)	½ CUP COLD CEREAL (WG) - CHEERIOS	1 WAFFLE W/ SYRUP (WG)	1 PANCAKE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) – MINI WHEATS
JUICE/FRUIT	¼ CUP FR. COCKTAIL	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP PINEAPPLE	¼ CUP PEACHES
<b>LUNCH</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	1 SLICE BREAD	1 BUN	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	1/8 CUP CARROTS	4 TATER TOTS	1/8 CUP CORN	1/8 CUP GR. BEANS	1/8 CUP BAKED BEAN
MEAT/ALTERNATIVE	3 CHICKEN NUGGETS	1 BURGER PATTY	2 SLICE TURKEY & CHEESE (each)	½ SLICE PIZZA	1 HOTDOG
<b>AM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Apple)
BREAD/ALTERNATIVE	OYSTER CRACKERS	1/2 CUP APPLESAUCE	3 RITZ CRACKERS	1 LARGE GRAHAM CRACKER	3 RITZ CRACKERS
<b>PM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Grape)	½ CUP MILK	½ CUP JUICE (100% Apple)	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 UNFLAVORED 1 % MILK

**WEEK #2**

**AGES 1-2 YEARS**

**WEEK OF:** \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/SYRUP (WG)	½ CUP COLD CEREAL (WG) – CHEERIOS	1 WAFFLE W/ SYRUP (WG)	1 PANCAKE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) – MINI WHEATS
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP ORANGES	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP PEACHES
<b>LUNCH</b>					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	1 SLICE BREAD	1 BUN	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	¼ CUP CARROTS	6 TATOR TOTS	¼ CUP CORN	¼ CUP GR. BEANS	¼ CUP BAKED BEAN
MEAT/ALTERNATIVE	4 CHICKEN NUGGETS	1 BURGER PATTY	3 SLICE TURKEY & CHEESE (each)	1 SLICE PIZZA	1 HOTDOG
<b>AM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Apple)
BREAD/ALTERNATIVE	1/3 CUP PRETZELS	½ CUP APPLESAUCE	4 RITZ CRACKERS	2 LARGE GRAHAM CRACKERS	4 RITZ CRACKERS
<b>PM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Grape)	½ CUP MILK	½ CUP JUICE (100% Grape)	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
<b>BREAKFAST</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	1 ½ PANCAKE W/SYRUP (WG)	1 CUP COLD CEREAL (WG) - CHEERIOS	1 ½ WAFFLE W/ SYRUP (WG)	1 ½ PANCAKE W/ SYRUP (WG)	1 CUP COLD CEREAL (WG) – MINI WHEATS
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP ORANGES	½ CUP PEARS	½ CUP PINEAPPLE	½ CUP PEACHES
<b>LUNCH</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	1 SLICE BREAD	2 BUNS	2 SLICE BREAD	PIZZA CRUST	1 ½ BREAD/BUN
FRUIT	¼ CUP PEACHES	¼ CUP PINEAPPLE	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP PINEAPPLE
VEGETABLE	½ CUP CARROTS	10 TATER TOTS	½ CUP CORN	½ CUP GR. BEANS	½ CUP BAKED BEAN
MEAT/ALTERNATIVE	5 CHICKEN NUGGETS	2 BURGER PATTY	4 SLICE TURKEY & CHEESE (each)	1 SLICE PIZZA	1 ½ HOTDOGS
<b>AM SNACK</b>					
MILK/JUICE	¾ CUP JUICE (100% Apple)	1 CUP MILK	¾ CUP JUICE (100% Apple)	1 CUP MILK	¾ CUP JUICE (100% Apple)
BREAD/ALTERNATIVE	¾ CUP PRETZELS	¾ CUP APPLESAUCE	6 RITZ CRACKERS	2 LARGE GRAHAM CRACKERS	6 RITZ CRACKERS
<b>PM SNACK</b>					
MILK/JUICE	1 CUP MILK	¾ CUP JUICE (100% Grape)	1 CUP MILK	¾ CUP JUICE (100% Apple)	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 UNFLAVORED 1 % MILK

**WEEK #2**

**AGES 6-12 YEARS**

**WEEK OF: \_\_\_\_\_**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) - CHEERIOS	1 WAFFLE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) – MINI WHEATS	1 PANCAKE W/SYRUP (WG)
JUICE/FRUIT	¼ CUP FR. COCKTAIL	¼ CUP ORANGES	¼ CUP FR. COCKTAIL	¼ CUP APPLESAUCE	¼ CUP PEACHES
<b>LUNCH</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	1 SLICE BREAD	¼ CUP MAC & 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 TATER TOTS	1/8 CUP CORN	3 HASHBROWNS	1/8 CUP GR. BEANS	1/8 CUP TOMATO SAUCE
MEAT/ALTERNATIVE	1 ½ SLICES OF CHEESE	3 CHICKEN NUGGETS	½ SCRAMBLED EGG	½ SLICE PIZZA	3 MEATBALLS
<b>AM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Grape)	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	OYSTER CRACKERS	3 SALTINES	4 ANIMAL CRACKERS	3 CLUB CRACKERS	½ CUP APPLESAUCE
<b>PM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100 % Grape)	½ CUP MILK
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 UNFLAVORED 1 % MILK

**WEEK #3**

**AGES 1-2 YEARS**

**WEEK OF: \_\_\_\_\_**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	1 PANCAKE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) – CHEERIOS	1 WAFFLE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) – MINI WHEATS	1 PANCAKE W/SYRUP (WG)
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP ORANGES	½ CUP FR. COCKTAIL	½ CUP APPLESAUCE	½ CUP PEACHES
<b>LUNCH</b>					
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 & CHEESE	4 SALTINES	PIZZA CRUST	¼ CUP SPAGHETTI
FRUIT	¼ CUP PINEAPPLE	¼ CUP PEARS	¼ CUP APPLESAUCE	¼ CUP PINEAPPLE	¼ CUP ORANGES
VEGETABLE	8 TATER TOTS	¼ CUP CORN	5 HASHBROWNS	¼ CUP GR. BEANS	¼ CUP TOMATO SAUCE
MEAT/ALTERNATIVE	3 SLICES OF CHEESE	4 CHICKEN NUGGETS	¾ SCRAMBLED EGG	1 SLICE PIZZA	4 MEATBALLS
<b>AM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Grape)	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
<b>PM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Grape)	½ CUP MILK
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 UNFLAVORED 1 % MILK

**WEEK #3**

**AGES 3-5 YEARS**

**WEEK OF: \_\_\_\_\_**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	1 ½ PANCAKE W/ SYRUP (WG)	1 CUP COLD CEREAL (WG) - CHEERIOS	1 ½ WAFFLES W/SYRUP (WG)	1 CUP COLD CEREAL (WG) – MINI WHEATS	1 ½ PANCAKE W/SYRUP (WG)
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP ORANGES	½ CUP FR. COCKTAIL	½ CUP APPLESAUCE	½ CUP PEACHES
<b>LUNCH</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	2 SLICES OF BREAD	½ CUP MAC & CHEESE	5 SALTINES	PIZZA CRUST	½ CUP SPAGHETTI
FRUIT	¼ CUP PINEAPPLE	¼ CUP PEARS	¼ CUP APPLESAUCE	¼ CUP PINEAPPLE	¼ CUP ORANGES
VEGETABLE	14 TATER TOTS	½ CUP CORN	7 HASHBROWNS	½ CUP GR. BEANS	½ CUP TOMATO SAUCE
MEAT/ALTERNATIVE	4 SLICES OF CHEESE	5 CHICKEN NUGGETS	1 SCRAMBLED EGG	1 SLICE PIZZA	6 MEATBALLS
<b>AM SNACK</b>					
MILK/JUICE	¾ CUP JUICE (100% Apple)	1 CUP MILK	¾ CUP JUICE (100% Grape)	1 CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	9 TORTILLA CHIPS W/ RANCH	¾ CUP PRETZELS	7 ANIMAL CRACKERS	6 CLUB CRACKERS	¾ CUP APPLESAUCE
<b>PM SNACK</b>					
MILK/JUICE	1 CUP MILK	¾ CUP JUICE (100% Apple)	1 CUP MILK	¾ CUP JUICE (100% Grape)	1 CUP MILK
BREAD/ALTERNATIVE	2 LARGE GRAHAM CRACKERS	6 CLUB CRACKERS	¾ CUP CHEESE NIPS	¾ 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 UNFLAVORED 1 % MILK

**WEEK #3**

**AGES 6-12 YEARS**

**WEEK OF: \_\_\_\_\_**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	½ CUP COLD CEREAL (WG) - CHEERIOS	1 PANCAKE W/SYRUP (WG)	½ CUP COLD CEREAL (WG) – MINI WHEATS	1 WAFFLE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) – CHEERIOS
JUICE/FRUIT	¼ CUP FR. COCKTAIL	¼ CUP PEACHES	¼ CUP FR. COCKTAIL	¼ CUP APPLESAUCE	¼ CUP PINEAPPLE
<b>LUNCH</b>					
MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP MILK
BREAD/ALTERNATIVE	3 FRENCH TOAST STICKS	1 BREAD/BUN	1 TORTILLA SHELL	PIZZA CRUST	¼ CUP SPAGHETTI
FRUIT	1/8 CUP APPLESAUCE	1/8 CUP FR. COCKTAIL	1/8 CUP ORANGES	1/8 CUP PEARS	1/8 CUP PINEAPPLE
VEGETABLE	1/8 CUP CORN	1/8 CUP BAKED BEANS	1/8 CUP GR. BEANS	1/8 CUP CORN	1/8 CUP TOMATO SAUCE
MEAT/ALTERNATIVE	1 SAUSAGE PATTY	1 HOTDOG	2 SLICE TURKEY & CHEESE (each)	½ SLICE PIZZA	3 MEATBALLS
<b>AM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Grape)	½ CUP MILK
BREAD/ALTERNATIVE	3 SALTINES	OYSTER CRACKERS	½ CUP APPLESAUCE	¼ CUP CHEESE NIPS	3 RITZ CRACKERS
<b>PM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Grape)	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP JUICE (100% Apple)
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 UNFLAVORED SERVED 1 % MILK

**WEEK #4**

**AGES 1-2 YEARS**

WEEK OF: \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	½ CUP COLD CEREAL (WG) - CHEERIOS	1 PANCAKE W/ SYRUP (WG)	½ CUP COLD CEREAL (WG) – MINI WHEATS	1 WAFFLE W/ SYRUP (WG)	½ CUP COLD CEREAL - CHEERIOS
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP PEACHES	½ CUP FR. COCKTAIL	½ CUP APPLESAUCE	½ CUP PINEAPPLE
<b>LUNCH</b>					
MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK	¾ CUP MILK
BREAD/ALTERNATIVE	4 FRENCH TOAST STICKS	1 BREAD/BUN	1 TORTILLA SHELL	PIZZA CRUST	¼ CUP SPAGHETTI
FRUIT	¼ CUP APPLESAUCE	¼ CUP FR. COCKTAIL	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP PINEAPPLE
VEGETABLE	¼ CUP CORN	¼ CUP BAKED BEANS	¼ CUP GR. BEANS	¼ CUP CORN	¼ CUP TOMATO SAUCE
MEAT/ALTERNATIVE	1 SAUSAGE	1 HOTDOG	3 SLICE TURKEY & CHEESE (each)	1 SLICE PIZZA	4 MEATBALLS
<b>AM SNACK</b>					
MILK/JUICE	½ CUP MILK	½ CUP JUICE (100% Apple)	½ CUP MILK	½ CUP JUICE (100% Grape)	½ CUP MILK
BREAD/ALTERNATIVE	4 SALTINES	1/3 CUP PRETZELS	½ CUP APPLESAUCE	1/3 CUP CHEESE NIPS	4 RITZ CRACKERS
<b>PM SNACK</b>					
MILK/JUICE	½ CUP JUICE (100% Grape)	½ CUP MILK	½ CUP MILK	½ CUP MILK	½ CUP JUICE (100% Apple)
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 UNFLAVORED 1 % MILK

**WEEK #4**

**AGES 3-5 YEARS**

**WEEK OF:** \_\_\_\_\_

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	1 CUP COLD CEREAL (WG) - CHEERIOS	1 ½ PANCAKE W/SYRUP (WG)	1 CUP COLD CEREAL (WG) - MINI WHEATS	1 ½ WAFFLE W/ SYRUP (WG)	1 CUP COLD CEREAL (WG) - CHEERIOS
JUICE/FRUIT	½ CUP FR. COCKTAIL	½ CUP PEACHES	½ CUP FR. COCKTAIL	½ CUP APPLESAUCE	½ CUP PINEAPPLE
<b>LUNCH</b>					
MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK	1 CUP MILK
BREAD/ALTERNATIVE	6 FRENCH TOAST STICKS	1 ½ BREAD/BUN	2 TORTILLA SHELL	PIZZA CRUST	½ CUP SPAGHETTI
FRUIT	¼ CUP APPLESAUCE	¼ CUP FR. COCKTAIL	¼ CUP ORANGES	¼ CUP PEARS	¼ CUP PINEAPPLE
VEGETABLE	½ CUP CORN	½ CUP BAKED BEANS	½ CUP GR. BEANS	½ CUP CORN	½ CUP TOMATO SAUCE
MEAT/ALTERNATIVE	2 SAUSAGE PATTIES	1 ½ HOT DOGS	4 SLICE TURKEY & CHEESE (each)	1 SLICE PIZZA	6 MEATBALLS
<b>AM SNACK</b>					
MILK/JUICE	1 CUP MILK	¾ CUP JUICE (100% Apple)	1 CUP MILK	¾ CUP JUICE (100% Grape)	1 CUP MILK
BREAD/ALTERNATIVE	6 SALTINES	¾ CUP PRETZELS	¾ CUP APPLESAUCE	¾ CUP CHEESE NIPS	6 RITZ CRACKERS
<b>PM SNACK</b>					
MILK/JUICE	¾ CUP JUICE (100% Grape)	1 CUP MILK	¾ CUP MILK	1 CUP MILK	¾ CUP JUICE (100% Apple)
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 UNFLAVORED 1 % MILK

**WEEK #4**

**AGES 6-12 YEARS**

**WEEK OF: \_\_\_\_\_**