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| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit | Pineapple chunks  ½ cup | Oranges  ½ cup | Blueberries  ½ cup | Apple Slices  ½ cup | Diced Peaches  ½ cup |
| Grain | Cheerios  1/3 cup | WW Raisin Bread  1 slice | Life Cereal  1/3 cup | WW English Muffin  ½ muffin | Kix Cereal  1/3 Cup |
| SNACK | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit | Celery Sticks  ½ cup |  | Carrot Sticks  ½ cup | Diced Pears  ½ cup |  |
| Grain |  | Graham Crackers  1 piece |  |  | Wheat Thins Crackers  ¼ cup |
| Meat/Meat Alternate | Wow Butter  3 tbsp | Go-gurt  1 tube | Cheese Cubes  ½ oz. | Cottage Cheese | Cheese Stick  1 stick |

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| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit | Strawberries  ½ cup | Diced Peaches  ½ cup | Pineapple Chunks  ½ cup | Diced Pears  ½ cup | Blackberries  ½ cup |
| Grain | Rice Chex  1/3 cup | Whole Wheat Bagel/Cream Cheese  ½ Bagel | Cheerios 1/3 cup | Oatmeal  1/3 Cup | Kix Cereal  1/3 cup |
| SNACK | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit | Raspberries  ½ cup | WW Goldfish  ½ cup | Mandarin Oranges | Apple Slices  ½ cup | Carrot Sticks  ½ cup |
| Grain |  |  | Teddy Grahams |  |  |
| Meat/Meat Alternate | Yogurt  ¾ cup | Cheese Stick  1 stick |  | Wow Butter  3tbsp. | Hummus  2 tbsp |

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| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit | Peaches  ½ cup | Pineapple Chunks  ½ cup | Diced Pears  ½ cup | Applesauce  ½ cup | Blackberries  ½ cup |
| Grain | Frosted Mini Wheats  1/3 Cup | Whole Wheat English Muffin/ Wow Butter  ½ Muffin | Life Cereal  1/3 cup | WW Raisin Bread  1 Slice | Kix Cereal  1/3 cup |
| SNACK | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit |  | Celery Sticks  ½ cup | Carrot Sticks  ½ cup | Fruit Salad | Strawberries  ½ cup |
| Grain | Pretzels  ¼ cup |  |  | Triscuits  ¼ cup |  |
| Meat/Meat Alternate | Cheese stick  1 stick | Wow Butter  1 tbsp | Cheese Cubes  ½ oz |  | Go-Gurt  1 tube |

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| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit | Craisins  ½ cup | Pineapple Chunks ½ cup | Strawberries  ½ cup | Raspberries  ½ cup | Diced Peaches  ½ cup |
| Grain | Cheerios  1/3 cup | Whole Wheat Bagel w/ Cream Cheese  ½ Bagel | Rice Chex  Cereal 1/3 cup | Oatmeal  1/3 cup | Life Cereal  1/3 cup |
| SNACK | | | | | |
| Milk | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup | 1% milk  ¾ cup |
| Vegetable/Fruit | Blackberries  ½ cup |  | Broccoli  ½ cup |  | Apple Slices  ½ cup |
| Grain |  | Pretzels  ¼ cup |  | Graham Crackers  ¼ cup | Rice Cakes  2 |
| Meat/Meat Alternate | Yogurt  ¼ cup | Cheese Cubes  ½ oz | Hummus  3 tbsp | Go-gurt  1 tube | Wow Butter  1 tbsp |