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| WEEK 1 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit | Pineapple chunks½ cup | Oranges½ cup | Blueberries½ cup | Apple Slices½ cup | Diced Peaches  ½ cup |
| Grain | Cheerios 1/3 cup | WW Raisin Bread1 slice | Life Cereal 1/3 cup | WW English Muffin½ muffin | Kix Cereal 1/3 Cup |
| SNACK |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit | Celery Sticks½ cup |  | Carrot Sticks½ cup | Diced Pears½ cup |  |
| Grain |  | Graham Crackers1 piece |  |  | Wheat Thins Crackers¼ cup |
| Meat/Meat Alternate | Wow Butter 3 tbsp | Go-gurt 1 tube | Cheese Cubes½ oz.  | Cottage Cheese | Cheese Stick1 stick |

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| WEEK 2 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit | Strawberries ½ cup | Diced Peaches  ½ cup | Pineapple Chunks ½ cup | Diced Pears ½ cup  | Blackberries ½ cup |
| Grain | Rice Chex1/3 cup | Whole Wheat Bagel/Cream Cheese½ Bagel  | Cheerios 1/3 cup | Oatmeal 1/3 Cup  | Kix Cereal 1/3 cup |
| SNACK |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit | Raspberries½ cup | WW Goldfish½ cup | Mandarin Oranges | Apple Slices ½ cup | Carrot Sticks ½ cup |
| Grain |  |  | Teddy Grahams  |  |  |
| Meat/Meat Alternate | Yogurt ¾ cup | Cheese Stick1 stick |  | Wow Butter3tbsp. | Hummus2 tbsp  |

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| WEEK 3 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit | Peaches ½ cup | Pineapple Chunks ½ cup | Diced Pears ½ cup | Applesauce ½ cup | Blackberries ½ cup |
| Grain | Frosted Mini Wheats1/3 Cup | Whole Wheat English Muffin/ Wow Butter½ Muffin | Life Cereal 1/3 cup | WW Raisin Bread1 Slice | Kix Cereal1/3 cup |
| SNACK |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit |  | Celery Sticks½ cup | Carrot Sticks½ cup | Fruit Salad | Strawberries ½ cup |
| Grain | Pretzels¼ cup |  |  | Triscuits¼ cup |  |
| Meat/Meat Alternate | Cheese stick1 stick | Wow Butter1 tbsp | Cheese Cubes½ oz |  | Go-Gurt1 tube |

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| WEEK 4 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit | Craisins ½ cup | Pineapple Chunks ½ cup | Strawberries ½ cup | Raspberries½ cup | Diced Peaches ½ cup |
| Grain | Cheerios 1/3 cup | Whole Wheat Bagel w/ Cream Cheese½ Bagel  | Rice ChexCereal 1/3 cup | Oatmeal1/3 cup | Life Cereal 1/3 cup |
| SNACK |
| Milk | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup | 1% milk¾ cup |
| Vegetable/Fruit | Blackberries½ cup |  | Broccoli ½ cup |  | Apple Slices½ cup |
| Grain |  | Pretzels ¼ cup |  | Graham Crackers¼ cup | Rice Cakes 2 |
| Meat/Meat Alternate | Yogurt¼ cup | Cheese Cubes½ oz | Hummus3 tbsp | Go-gurt1 tube | Wow Butter1 tbsp |