

CHILDREN'S MENU PLANNER

SITE NAME: Smart Start Pre-Prep

WEEK OF: 1st week of month

REQUIREMENTS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Grain (including cereal) Juice <u>or</u> fruit <u>or</u> vegetable Milk, Fluid Unflavored	Life Cereal Apple Slices Milk (unflavored)	WG Toast w/Jelly Peaches Milk (unflavored)	Bagels Banana Milk (unflavored)	KIX Cereal WG Fruit Cocktail Milk (unflavored)	Waffle w/Syrup Fruit Milk (unflavored)
LUNCH Meat or meat alternate Vegetable and/or fruit Bread/Grain (including cereal) Milk, Fluid Unflavored	Mac & Cheese Green Beans Oranges WG Bread w/Butter Milk (unflavored)	Mini Turkey Corn Dogs Peas Fruit Cocktail Milk (unflavored)	WG Cheese Pizza Salad w/Ranch Peaches Milk (unflavored)	Soft Taco W/ Meat & Cheese Corn Applesauce Milk (unflavored)	Turkey/Cheese Sandwich on WG Bread Carrot Sticks w/dip Pears Milk (unflavored)
P.M. SNACK (select two of these four components) Meat or meat alternate Juice or fruit or vegetable Bread/Grain (including cereal) Milk, Fluid Unflavored	Muffins Apple Slices	Graham Crackers 100% Fruit Juice	WG Chex Mix Apple Slices	Ritz and Cheese Slices Bananas	Goldfish Crackers Apple Slices

*WG= Whole Grain

** Milk= 1 year olds Whole Milk
 2 years & Up 1% Milk

*** All Milk is served unflavored

*** Water

CHILDREN'S MENU PLANNER

SITE NAME: Smart Start Pre-Prep

WEEK OF: 2nd week of month

REQUIREMENTS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Grain (including cereal) Juice <u>or</u> fruit <u>or</u> vegetable Milk. Fluid Unflavored	KIX Cereal WG Apple Slices Milk (unflavored)	WG Toast w/Jelly Fruit Cocktail Milk (unflavored)	WG Bagels Bananas Milk (unflavored)	WG Mini Wheat Cereal Peaches Milk (unflavored)	Waffle w/Syrup Fruit Milk (unflavored)
LUNCH Meat or meat alternate Vegetable and/or fruit Bread/Grain (including cereal) Milk. Fluid Unflavored	Pasta with Meat Sauce Green Beans Peaches WG Bread w/Butter Milk (unflavored)	Chicken Patty w/Bun Peas Apple Sauce Milk (unflavored)	WG Cheese Pizza Salad w/Ranch Fruit Cocktail Milk (unflavored)	Hamburger w/ Bun Tots Pears Milk (unflavored)	Grilled Cheese Sandwich on WG Bread Carrot Sticks w/ Dip Oranges Milk (unflavored)
P.M. SNACK (select two of these four components) Meat or meat alternate Juice or fruit or vegetable Bread/Grain (including cereal) Milk, Fluid Unflavored	Animal Crackers Apple Slices	Gold Fish 100% Fruit Juice	WG Chex Mix Apple Slices	Rice Cakes Bananas	Cheezits Apple Slices

*WG= Whole Grain

** Milk= 1 year olds Whole Milk
 2 years & Up 1% Milk

***All Milk is served unflavored

*** Water

CHILDREN'S MENU PLANNER

SITE NAME: Smart Start Pre-Prep

WEEK OF: 3rd week of month

REQUIREMENTS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Grain (including cereal) Juice <u>or</u> fruit <u>or</u> vegetable Milk. Fluid Unflavored	KIX Cereal WG Apple Slices Milk (unflavored)	WG Toast w/ Jelly Fruit Cocktail Milk (unflavored)	Bagels w/ Cream Cheese Banana Milk (unflavored)	WG Mini Wheat Cereal Mandarin Oranges Milk (unflavored)	Waffle w/ Syrup Fruit Milk (unflavored)
LUNCH Meat or meat alternate Vegetable and/or fruit Vegetable and/or fruit Bread/Grain (including cereal)	Mac & Cheese Green Beans Oranges WG Bread & Butter Milk (unflavored)	Turkey Dogs Baked Beans Sliced Peaches Milk (unflavored)	WG Cheese Pizza Salad w/ Ranch Fruit Cocktail Milk (unflavored)	Sloppy Joe W/ Bun Corn Applesauce Milk (unflavored)	Ham/Cheese Sandwich on WG Bread Carrot Sticks w/Dip Pears Milk (unflavored)
P.M. SNACK (select two of these four components) Meat or meat alternate Juice or fruit or vegetable Bread/Grain (including cereal) Milk, fluid Unflavored	Graham Crackers Apple Slices	Hard Pretzels 100 % Fruit Juice	Animal Crackers Apple Slices	Rice Cakes Bananas	Goldfish Crackers Apple Slices

*WG= Whole Grain

** Milk= 1-year old WHOLE MLK
 2 years & Up 1%

***All Milk served unflavored

*** Water

CHILDREN'S MENU PLANNER

SITE NAME: Smart Start Pre-Prep

WEEK OF: 4th week of month

REQUIREMENTS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Grain (including cereal) Juice <u>or</u> fruit <u>or</u> vegetable Milk, Fluid Unflavored	Life Cereal Apple Slices Milk (unflavored)	WG Toast w/Jelly Oranges Milk (unflavored)	Bagels Banana Milk (unflavored)	KIX Cereal WG Peaches Milk (unflavored)	Waffle w/Syrup Fruit Milk (unflavored)
LUNCH Meat or meat alternate Vegetable and/or fruit Bread/Grain (including cereal) Milk, Fluid Unflavored	Pasta with Meat Sauce Green Beans Peaches WG Bread w/Butter Milk (unflavored)	Chicken Nuggets Peas Applesauce WG Bread w/Butter Milk (unflavored)	WG Cheese Pizza Salad w/Ranch Pears Milk (unflavored)	Fish Sticks Corn Fruit Cocktail WG Bread w/ butter Milk (unflavored)	Grilled Cheese Sandwich on WG Bread Carrots w/Dip Oranges Milk (unflavored)
P.M. SNACK (select two of these four components) Meat or meat alternate Juice or fruit or vegetable Bread/Grain (including cereal) Milk, Fluid Unflavored	Muffin Apple Slices	WG Chex Mix 100% Fruit Juice	Animal Crackers Apple Slices	Pretzels Bananas	Cheezits Apple Slices

*WG= Whole Grain

** Milk= 1 year olds Whole Milk
 2 years & Up 1% Milk

*** All Milk served unflavored

*** Water

CHILDREN'S MENU PLANNER

SITE NAME: Smart Start Pre-Prep

WEEK OF: 5th week of month

REQUIREMENTS:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Bread/Grain (including cereal) Juice or fruit or vegetable Milk, Fluid Unflavored	KIX Cereal /WG Apple Slices Milk (unflavored)	WG Toast w/ Jelly Applesauce Milk (unflavored)	Bagels Banana Milk (unflavored)	WG Mini Wheat Cereal Mandarin Oranges Milk (unflavored)	Waffle w/ Syrup Fruit Cocktail Milk (unflavored)
LUNCH Meat or meat alternate Vegetable and/or fruit Bread/Grain (including cereal) Milk, Fluid Unflavored	Mac & Cheese Green Beans Mandarin Oranges WG Bread w/butter Milk (unflavored)	Turkey Dog w/ Bun Baked Beans Fruit Cocktail Milk (unflavored)	WG Cheese Pizza Salad w/ Ranch Peaches Milk (unflavored)	Chicken Patty w/ Bun Peas Applesauce Milk (unflavored)	Turkey/Cheese Sandwich on WG Bread Pears Carrot Sticks w/dip Milk (unflavored)
P.M. SNACK (select two of these four components) Meat or meat alternate Juice or fruit or vegetable Bread/Grain (including cereal) Milk, Fluid Unflavored	Graham Crackers Apple Slices	Chex Mix 100% Fruit Juice	Hard Pretzels Apple Slices	Animal Crackers Bananas	Cheez It Apple Slices

*WG= Whole Grain

** Milk= 1 year olds Whole Milk
 2 years & Up 1% Milk

***All Milk served unflavored

*** Water