

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast <ul style="list-style-type: none"> • Milk • Vegetable, Fruit or Both • Grains • Meat/ Meat Alternative 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain-Cold Cereal Whole Grain Bran Flakes	Whole Milk Inf & Todd 1% Milk Ages 2-5 Blueberries Pancakes	Whole Milk Inf & Todd 1% Milk Ages 2-5 Peach Slices French Toast Sticks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pear Slices English Muffin	Whole Milk Inf & Todd 1% Milk Ages 2-5 Apples Whole Grain-Cold Cereal Cheerios	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain-Cold Cereal Bran Flakes
AM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Animal Crackers Apple Slices	Water Pretzels Oranges	Water Graham Crackers Apple Sauce	Water Whole Grain Saltine Crackers w/ Sliced Cheese	Water Whole Grain Saltine Crackers w/Hummus	Water Animal Crackers Apple Slices
Lunch: <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Fish Sticks w/Whole Grain Bread Corn Peaches	Whole Milk Inf & Todd 1% Milk Ages 2-5 Turkey and Cheese Deli Sandwich on Whole Grain Bread Peas Pears	Whole Milk Inf & Todd 1% Milk Ages 2-5 Grilled Chicken Breast on Whole Grain Bun Green Beans Tropical Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5 Sliced Ham w/whole grain dinner roll Mashed Potatoes Mixed Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese, Pepperoni or Sausage Pizza Mixed Veggies Pineapple Chunks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Fish Sticks w/Whole Grain Bread Corn Peaches
PM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Fruit Salad Yogurt	Water Peaches Cottage Cheese	Water Apple Slices Banana Bread	Water Tomato Slices Cheese Stick	Water Animal Crackers Berries	Water Fruit Salad Yogurt

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast <ul style="list-style-type: none"> • Milk • Vegetable, Fruit or Both • Grains • Meat/ Meat Alternative 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pancakes Strawberries	Whole Milk Inf & Todd 1% Milk Ages 2-5 Scrambled Cheese Eggs w/ Toast Green Peppers	Whole Milk Inf & Todd 1% Milk Ages 2-5 Whole Grain-Cold Cereal Bran Flakes Raisins	Whole Milk Inf & Todd 1% Milk Ages 2-5 Brown Sugar Whole Grain Oatmeal w/Raisins	Whole Milk Inf & Todd 1% Milk Ages 2-5 Whole Grain French Toast Sticks Bananas	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pancakes Strawberries
AM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Gram Crackers Bananas	Water Cheese Crackers Apple Slices	Water Triscuit Crackers Sliced Cheese	Water String Cheese Bananas	Water Pretzel Oranges	Water Graham Crackers Strawberries
Lunch: <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Mac N Cheese w/Whole Grain Dinner Roll Peas Diced Peaches	Whole Milk Inf & Todd 1% Milk Ages 2-5 Salisbury Steaks w/ Gravy and Rice Peas Mangos	Whole Milk Inf & Todd 1% Milk Ages 2-5 Loose Ground Beef Sandwiches w/ Whole Grain Bun Green beans Diced Pears	Whole Milk Inf & Todd 1% Milk Ages 2-5 Beef Tacos served on Corn Tortilla Corn Mixed Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese, Pepperoni or Sausage Pizza Mixed Veggies Pineapple Chunks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Mac N Cheese w/Whole Grain Dinner Roll Peas Diced Peaches
PM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Whole Grain Cheerios w/ Dried Strawberries	Water Ritz Crackers Cheese Slices	Water Animal Crackers Sliced Strawberries	Water Blueberry Muffins Apple Sauce	Water Fresh Peppers w/Creamy Spinach Dip Oyster Crackers	Water Chex Mix- Trail Mix w/ Dried Strawberries

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast <ul style="list-style-type: none"> • Milk • Vegetable, Fruit or Both • Grains • Meat/ Meat Alternative 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Apple Slices Whole Grain- Cold Cereal Cheerios	Whole Milk Inf & Todd 1% Milk Ages 2-5 Scrambled Eggs w/Whole Grain Toast Bananas	Whole Milk Inf & Todd 1% Milk Ages 2-5 Whole Grain French Toast Sticks Bananas	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain- Cold Cereal Kix	Whole Milk Inf & Todd 1% Milk Ages 2-5 Whole Grain English Muffin Peaches	Whole Milk Inf & Todd 1% Milk Ages 2-5 Apple Slices Whole Grain- Cold Cereal Cheerios
AM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Animal Crackers Bananas	Water Cucumber and Carrots w/ Creamy Spinach Dip	Water Cheese Crackers Apple Slices	Water Saltine Crackers- Whole Grain Sliced Cheese	Water Graham Crackers Yogurt	Water Graham Crackers Raspberries
Lunch: <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Chicken Alfredo w/ Whole Grain Dinner Roll Corn Peaches	Whole Milk Inf & Todd 1% Milk Ages 2-5 Meatballs w/ Whole Grain Bread Peas Diced Pears	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese Quesadillas Tator Tots Mandarin Oranges	Whole Milk Inf & Todd 1% Milk Ages 2-5 Hot Chicken Sandwich w/Whole Grain Bread Green Beans Mixed Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese, Pepperoni or Sausage Pizza Mixed Veggies Pineapple Chunks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Chicken Alfredo w/ Whole Grain Dinner Roll Corn Peaches
PM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Green Peppers w/ Creamy Spinach dip Oyster Crackers	Water Whole Grain Ritz Crackers w/Deli-Meat and Cheese Slices	Water Chex Mix- Trail Mix w/ Dried Strawberries	Water Pretzel Oranges	Water Popcorn Apple Slices	Water Green Peppers w/ Creamy vegetable dip Oyster Crackers

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast <ul style="list-style-type: none"> • Milk • Vegetable, Fruit or Both • Grains • Meat/ Meat Alternative 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain-Cold Cereal Bran Flakes	Whole Milk Inf & Todd 1% Milk Ages 2-5 Blueberries Pancakes	Whole Milk Inf & Todd 1% Milk Ages 2-5 Peach Slices French Toast Sticks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pear Slices English Muffin	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain-Cold Cereal Cheerios	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain-Cold Cereal Bran Flakes
AM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Chex Mix- Trail Mix w/ Dried Strawberries	Water Fresh Peppers w/ Spinach dip Oyster Crackers	Water Animal Crackers Oranges	Water Graham Crackers Yogurt	Water Cheese Crackers Apple Slices	Water Chex Mix- Trail Mix w/ Dried Strawberries
Lunch: <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Spaghetti w/ Meat Sauce Corn Apple Sauce	Whole Milk Inf & Todd 1% Milk Ages 2-5 Sweet and Sour Chicken w/Steamed Whole Grain Brown Rice Green Beans Pears	Whole Milk Inf & Todd 1% Milk Ages 2-5 Sloppy Joe/ Served on a Bun Peas Peaches	Whole Milk Inf & Todd 1% Milk Ages 2-5 BBQ Chicken w/ Whole Grain Dinner Roll Steamed Carrots Mixed Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese, Pepperoni or Sausage Pizza Mixed Veggies Pineapple Chunks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Spaghetti w/ Meat Sauce Corn Apple Sauce
PM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Whole Grain Ritz Crackers Cheese Slices	Water Yogurt w/Granola & Berries	Water Whole Grain Saltine Crackers Cheese Slices	Water String Cheese Mandarin Oranges	Water Popcorn Raisins	Water Whole Grain Ritz Crackers Sliced Cheese

Week 5	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast <ul style="list-style-type: none"> • Milk • Vegetable, Fruit or Both • Grains • Meat/ Meat Alternative 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Blueberries Pancakes	Whole Milk Inf & Todd 1% Milk Ages 2-5 Scrambled Eggs w/Cheese Whole Grain Toast	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain-Cold Cereal Kix	Whole Milk Inf & Todd 1% Milk Ages 2-5 French Toast Sticks Sausage Links	Whole Milk Inf & Todd 1% Milk Ages 2-5 Brown Sugar Whole Grain Oatmeal w/Raisins	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pancakes Apple Slices
AM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Whole Grain Triscuit Crackers Pear Slices	Water Banana Bread Yogurt	Water Whole Grain Saltine Crackers Sliced Cheese	Water Pretzels String Cheese	Water Strawberry Muffins Apple Slices	Water Whole Grain Triscuit Crackers Pear Slices
Lunch: <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Grilled Chicken w/ Whole Grain Brown Rice Great Northern Beans Apple Sauce	Whole Milk Inf & Todd 1% Milk Ages 2-5 Meatloaf w/Whole-Grain Dinner Roll Mashed Potatoes Diced Peaches	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pulled Pork w/ Whole-Grain Bun Steamed Carrots Sliced Pears	Whole Milk Inf & Todd 1% Milk Ages 2-5 Chicken Noodle Soup w/ Vegetables and Whole-Grain Bread Mixed Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese, Pepperoni or Sausage Pizza Mixed Veggies Pineapple Chunks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Grilled Chicken w/ Rice Lima Beans Apple Sauce
PM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Graham Crackers Bananas	Water Sliced Green Peppers w/ Creamy Vegetable Dip Oyster Crackers	Water Cheerios- Trail Mix w/ Dried Apricots Pretzels	Water Pumpkin Bread Apple Sauce	Water Popcorn Raisins	Water Mandarin Oranges Cheese Crackers

Week 6	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast <ul style="list-style-type: none"> • Milk • Vegetable, Fruit or Both • Grains • Meat/ Meat Alternative 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Whole Grain Bran Flakes Bananas	Whole Milk Inf & Todd 1% Milk Ages 2-5 Brown Sugar Whole Grain Oatmeal w/Raisins	Whole Milk Inf & Todd 1% Milk Ages 2-5 Apple Slices Whole Grain-Cold Cereal Kix	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bagel w/Cream Cheese Bananas	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pancakes Blueberries	Whole Milk Inf & Todd 1% Milk Ages 2-5 Breakfast Burrito w/ Eggs, Cheese, Green peppers
AM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Cottage Cheese w/Peaches	Water Pretzels Bananas	Water Mixed Berry Muffins Applesauce	Water Cheerios- Trail Mix w/ Dried Apricots	Water Trail Mix- Whole Grain Cheerios w/Dried Strawberries	Water Cottage Cheese w/Peaches
Lunch: <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Whole Milk Inf & Todd 1% Milk Ages 2-5 Shepherd's Pie w/ Veggies and Whole Grain Dinner Roll Diced Pears	Whole Milk Inf & Todd 1% Milk Ages 2-5 Fish Sticks w/Whole grain roll Corn Mixed Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5 Chicken Enchiladas Green Beans Mangos	Whole Milk Inf & Todd 1% Milk Ages 2-5 Meatballs w/ Whole Grain Roll Potatoes Peaches	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese, Pepperoni or Sausage Pizza Mixed Veggies Pineapple Chunks	Whole Milk Inf & Todd 1% Milk Ages 2-5 Shepherd's Pie w/ Veggies and Whole Grain Dinner Roll Diced Pears
PM Snack (2 of 5) <ul style="list-style-type: none"> • Milk • Meat or Meat Alternative • Vegetables • Fruit • Grains 	Water Whole Grain Ritz Crackers w/Deli-Meat and Cheese Slices	Water Jello w/Mixed Fruit Graham Crackers	Water Cheese Crackers Apple Slices	Water Whole Grain Saltines w/ Sliced Cheese	Water English Muffin w/Peanut Butter Oranges	Water Whole Grain Ritz Crackers w/Deli-Meat and Cheese Slices