Wee	ek 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fru • Gra • Me	lk getable, uit or Both ains eat/ Meat ernative	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
Alt • Ve	lk eat or Meat ernative getables	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
Alt • Ve	eat or Meat ernative getables uit ains	Whole Milk Inf & Todd 1% Milk Ages 2-5 Fish Sticks w/Whole Grain Bread Corn	Whole Milk Inf & Todd 1% Milk Ages 2-5 Turkey and Cheese Deli Sandwich on Whole Grain Bread Peas	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
Alt • Veg • Fru	lk eat or Meat ernative getables	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
Breakfas		_	-	_			-
•	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 Sna	ck (2 of 5)						
•	Milk	Water	Water	Water	Water	Water	Water
•	Meat or Meat Alternative Vegetables	Gram Crackers	Cheese Crackers	Triscuit Crackers	String Cheese	Pretzel	Graham Crackers
•	Fruit Grains	Bananas	Apple Slices	Sliced Cheese	Bananas	Oranges	Strawberries
Lunch:	Milk Meat or Meat Alternative Vegetables Fruit	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5
•	Grains	Mac N Cheese w/Whole Grain Dinner Roll	Salisbury Steaks w/ Gravy and Rice	Loose Ground Beef Sandwiches w/ Whole Grain	Beef Tacos served on Corn Tortilla	Cheese, Pepperoni or Sausage Pizza	Mac N Cheese w/Whole Grain Dinner Roll
		Peas	Peas	Bun	Corn	Mixed Veggies	Peas
		Diced Peaches	Mangos	Green beans	Mixed Fruit	Pineapple Chunks	Diced Peaches
				Diced Pears			
PM Snad	ck (2 of 5) Milk Meat or Meat	Water	Water	Water	Water	Water	Water
•	Alternative Vegetables Fruit Grains	Whole Grain Cheerios w/ Dried Strawberries	Ritz Crackers Cheese Slices	Animal Crackers Sliced Strawberries	Blueberry Muffins Apple Sauce	Fresh Peppers w/Creamy Spinach Dip Oyster Crackers	Chex Mix- Trail Mix w/ Dried Strawberries

Week 3		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfa				-			
•	Milk Vegetable, Fruit or Both Grains Meat/ Meat	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5	Whole Milk Inf & Todd 1% Milk Ages 2-5
	Alternative	Apple Slices Whole Grain- Cold Cereal Cheerios	Scrambled Eggs w/Whole Grain Toast Bananas	Whole Grain French Toast Sticks Bananas	Bananas Whole Grain- Cold Cereal Kix	Whole Grain English Muffin Peaches	Apple Slices Whole Grain- Cold Cereal Cheerios
AM Sna	ack (2 of 5) Milk Meat or	Water	Water	Water	Water	Water	Water
	Meat Alternative Vegetables	Animal Crackers Bananas	Cucumber and Carrots w/ Creamy Spinach	Cheese Crackers	Saltine Crackers- Whole Grain	Graham Crackers	Graham Crackers
•	Fruit Grains		Ďip	Apple Slices	Sliced Cheese	Yogurt	Raspberries
Lunch:	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	Whole Milk Inf & Todd 1% Milk Ages 2-5 Cheese, Pepperoni or Sausage Pizza Mixed Veggies Pineapple	Whole Milk Inf & Todd 1% Milk Ages 2-5 Chicken Alfredo w/ Whole Grain Dinner Roll Corn
DM Co.o.	al. (2 af E)	i eaches	Dicedifeats	Oranges	Mixed Fruit	Chunks	i eaches
PIVI Sna	ck (2 of 5) Milk Meat or	Water	Water	Water	Water	Water	Water
•	Meat Alternative Vegetables Fruit	Green Peppers w/ Creamy Spinach dip	Whole Grain Ritz Crackers w/Deli-Meat and Cheese	Chex Mix- Trail Mix w/ Dried Strawberries	Pretzel Oranges	Popcorn Apple Slices	Green Peppers w/ Creamy vegetable dip
•	Grains	Oyster Crackers	Slices				Oyster Crackers

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast		-	-	-		-	_
 Milk Vegetab Fruit or E Grains Meat/ Manager Alternation 	Both leat	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain- Cold Cereal	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	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain- Cold Cereal
AM Coople (2 of E)		Bran Flakes				Cheerios	Bran Flakes
AM Snack (2 of 5) Milk Meat or Meat Alternati Vegetab Fruit Grains	ive	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: Milk Meat or Meat Alternati Vegetab Fruit Grains	les	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) Milk Meat or Meat Alternati Vegetab Fruit Grains	ive	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
Breakfa • •		Whole Milk Inf & Todd 1% Milk Ages 2-5 Blueberries Pancakes Water Whole Grain Triscuit Crackers	Whole Milk Inf & Todd 1% Milk Ages 2-5 Scrambled Eggs w/Cheese Whole Grain Toast Water Banana Bread	Whole Milk Inf & Todd 1% Milk Ages 2-5 Bananas Whole Grain- Cold Cereal Kix Water Whole Grain Saltine Crackers	Whole Milk Inf & Todd 1% Milk Ages 2-5 French Toast Sticks Sausage Links Water Pretzels	Whole Milk Inf & Todd 1% Milk Ages 2-5 Brown Sugar Whole Grain Oatmeal w/Raisins Water Strawberry Muffins	Whole Milk Inf & Todd 1% Milk Ages 2-5 Pancakes Apple Slices Water Whole Grain Triscuit Crackers
Lunch:	Vegetables Fruit Grains	Pear Slices	Yogurt	Sliced Cheese	String Cheese	Apple Slices	Pear Slices
•	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 Sna	ck (2 of 5) 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			_	-			_
Fruit Grai Mea	etable, t or Both	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
ANA C	(=)						
VegFruitGrai	at or at rnative etables t	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
	at or at rnative etables t	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
	at or at rnative etables t	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