



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	- Cheerios cereal - Milk - Fruit - Water	- Pancakes - Milk - Fruit - Water	- PB&J - Milk - Fruit - Water	- Scrambled eggs - Milk - Fruit - Water	- Waffles - Milk - Fruit - Water
Snack (10AM)	- Cheez-it crackers - Water	- Graham crackers - Water	- Pretzel - Water	- Goldfish crackers - Water	- Animal crackers - Water
Lunch (11:30PM)	- Chicken nuggets - Vegetables - Fruit - Milk - Water	- Mac & cheese - Vegetables - Fruit - Milk - Water	- Fish sticks - Vegetables - Fruit - Milk - Water	- Turkey sandwich - Vegetables - Fruit - Milk - Water	- Ravioli - Vegetables - Fruit - Milk - Water
Snack (2:30PM)	- Veggie chips - Water	- Yogurt - Water	- Ritz crackers - Water	- Biscuits - Water	- Cheese crackers - Water
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	- PB&J - Milk - Fruit - Water	- Waffles - Milk - Fruit - Water	- Muffin - Milk - Fruit - Water	- Cheerios cereal - Milk - Fruit - Water	- Scrambled eggs - Milk - Fruit - Water
Snack (10AM)	- Pretzel - Water	- Cheese crackers - Water	- Goldfish - Water	- Yogurt - Water	- Graham crackers - Water
Lunch (11:30PM)	- Pasta - Vegetables - Fruit - Milk - Water	- Pizza - Vegetables - Fruit - Milk - Water	- Hotdogs w/bun - Vegetables - Fruit - Milk - Water	- Rice w/ beans - Vegetables - Fruit - Milk - Water	- Grilled cheese sandwich - Vegetables - Fruit - Milk - Water
Snack (2:30PM)	- Cheez-it crackers - Water	- Yogurt - Water	- Biscuits - Water	- Veggie chips - Water	- Ritz crackers - Water

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	• PB&J • Milk • Fruit • Water	• Pancakes • Milk • Fruit • Water	• Muffin • Milk • Fruit • Water	• Cheerios cereal • Milk • Fruit • Water	• Waffles • Milk • Fruit • Water
Snack (10AM)	• Pretzel • Water	• Goldfish • Water	• Animal crackers • Water	• Cheez-it crackers • Water	• Graham • Water
Lunch (11:30PM)	• Fish sticks • Vegetables • Fruit • Milk • Water	• Pasta • Vegetables • Fruit • Milk • Water	• Mac & cheese • Vegetables • Fruit • Milk • Water	• Chicken nuggets • Vegetables • Fruit • Milk • Water	• Grilled cheese sandwich • Vegetables • Fruit • Milk • Water
Snack (2:30PM)	• Ritz crackers • Water	• Biscuits • Water	• Cheese crackers • Water	• Veggie chips • Water	• Yogurt • Water
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	• Muffin • Milk • Fruit • Water	• Scrambled eggs • Milk • Fruit • Water	• Cheerios cereal • Milk • Fruit • Water	• Waffles • Milk • Fruit • Water	• PB&J • Milk • Fruit • Water
Snack (10AM)	• Yogurt • Water	• Goldfish • Water	• Pretzel • Water	• Graham crackers • Water	• Cheese crackers • Water
Lunch (11:30PM)	• Chicken nuggets • Vegetables • Fruit • Milk • Water	• Pizza • Vegetables • Fruit • Milk • Water	• Rice w/beans • Vegetables • Fruit • Milk • Water	• Turkey sandwich • Vegetables • Fruit • Milk • Water	• Mac & cheese • Vegetables • Fruit • Milk • Water
Snack (2:30PM)	• Biscuits • Water	• Veggie chips • Water	• Ritz crackers • Water	• Cheez-it crackers • Water	• Yogurt • Water