



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	<ul style="list-style-type: none"> Cheerios cereal Milk Fruit Water 	<ul style="list-style-type: none"> Pancakes Milk Fruit Water 	<ul style="list-style-type: none"> PB&J Milk Fruit Water 	<ul style="list-style-type: none"> Scrambled eggs Milk Fruit Water 	<ul style="list-style-type: none"> Waffles Milk Fruit Water
Snack (10AM)	<ul style="list-style-type: none"> Cheez-it crackers Water 	<ul style="list-style-type: none"> Graham crackers Water 	<ul style="list-style-type: none"> Fruit snack Water 	<ul style="list-style-type: none"> Goldfish crackers Water 	<ul style="list-style-type: none"> Animal crackers Water
Lunch (11:30PM)	<ul style="list-style-type: none"> Chicken nuggets Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Mac & cheese Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Fish sticks Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Turkey sandwich Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Ravioli Vegetables Fruit Milk Water
Snack (2:30PM)	<ul style="list-style-type: none"> Veggie chips Water 	<ul style="list-style-type: none"> Yogurt Water 	<ul style="list-style-type: none"> Ritz crackers Water 	<ul style="list-style-type: none"> Biscuits Water 	<ul style="list-style-type: none"> Fruit snack Water
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	<ul style="list-style-type: none"> PB&J Milk Fruit Water 	<ul style="list-style-type: none"> Waffles Milk Fruit Water 	<ul style="list-style-type: none"> Bagel with cream cheese Milk Fruit Water 	<ul style="list-style-type: none"> Cheerios cereal Milk Fruit Water 	<ul style="list-style-type: none"> Scrambled eggs Milk Fruit Water
Snack (10AM)	<ul style="list-style-type: none"> Fruit snack Water 	<ul style="list-style-type: none"> Pretzel Water 	<ul style="list-style-type: none"> Goldfish Water 	<ul style="list-style-type: none"> Yogurt Water 	<ul style="list-style-type: none"> Fruit snack Water
Lunch (11:30PM)	<ul style="list-style-type: none"> Pasta Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Pizza Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Hotdogs w/bun Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Rice w/ beans Vegetables Fruit Milk Water 	<ul style="list-style-type: none"> Grilled cheese sandwich Vegetables Fruit Milk Water
Snack (2:30PM)	<ul style="list-style-type: none"> Cheez-it crackers Water 	<ul style="list-style-type: none"> Yogurt Water 	<ul style="list-style-type: none"> Biscuits Water 	<ul style="list-style-type: none"> Veggie chips Water 	<ul style="list-style-type: none"> Ritz crackers Water

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	<ul style="list-style-type: none"> • PB&J • Milk • Fruit • Water 	<ul style="list-style-type: none"> • Pancakes • Milk • Fruit • Water 	<ul style="list-style-type: none"> • Bagel with cream cheese • Milk • Fruit • Water 	<ul style="list-style-type: none"> • Cheerios cereal • Milk • Fruit • Water 	<ul style="list-style-type: none"> • Waffles • Milk • Fruit • Water
Snack (10AM)	<ul style="list-style-type: none"> • Fruit snack • Water 	<ul style="list-style-type: none"> • Goldfish • Water 	<ul style="list-style-type: none"> • Animal crackers • Water 	<ul style="list-style-type: none"> • Cheez-it crackers • Water 	<ul style="list-style-type: none"> • Graham • Water
Lunch (11:30PM)	<ul style="list-style-type: none"> • Fish sticks • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Pasta • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Mac & cheese • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Chicken nuggets • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Grilled cheese sandwich • Vegetables • Fruit • Milk • Water
Snack (2:30PM)	<ul style="list-style-type: none"> • Ritz crackers • Water 	<ul style="list-style-type: none"> • Biscuits • Water 	<ul style="list-style-type: none"> • Fruit snack • Water 	<ul style="list-style-type: none"> • Veggie chips • Water 	<ul style="list-style-type: none"> • Yogurt • Water
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (8AM)	<ul style="list-style-type: none"> • Bagel with cream cheese • Milk • Fruit • Water 	<ul style="list-style-type: none"> • Scrambled eggs • Milk • Fruit • Water 	<ul style="list-style-type: none"> • Cheerios cereal • Milk • Fruit • Water 	<ul style="list-style-type: none"> • Waffles • Milk • Fruit • Water 	<ul style="list-style-type: none"> • PB&J • Milk • Fruit • Water
Snack (10AM)	<ul style="list-style-type: none"> • Yogurt • Water 	<ul style="list-style-type: none"> • Goldfish • Water 	<ul style="list-style-type: none"> • Fruit snack • Water 	<ul style="list-style-type: none"> • Graham crackers • Water 	<ul style="list-style-type: none"> • Pretzel • Water
Lunch (11:30PM)	<ul style="list-style-type: none"> • Chicken nuggets • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Pizza • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Rice w/beans • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Turkey sandwich • Vegetables • Fruit • Milk • Water 	<ul style="list-style-type: none"> • Mac & cheese • Vegetables • Fruit • Milk • Water
Snack (2:30PM)	<ul style="list-style-type: none"> • Biscuits • Water 	<ul style="list-style-type: none"> • Veggie chips • Water 	<ul style="list-style-type: none"> • Ritz crackers • Water 	<ul style="list-style-type: none"> • Cheez-it crackers • Water 	<ul style="list-style-type: none"> • Yogurt • Water