

Weekly Menu 1 (1-2 Yrs.)

| | | |
|---|---|--|
| Breakfast: Whole grain cereal ¼ cup, Fruit/Juice ¼ cup, Milk ½ cup, Whole grain Breads ½ slice | Lunch: Fruit/Veg/Juice ¼ cup, Breads/Grains Pasta ¼ cup Breads ½ slice, Milk ½ cup Cheese/Meat 1oz | Snack: Cheese ½ oz. Yogurt 2oz Milk ½ cup Fruit/Veg/ juice ½ cup Grains ¼ cup slice |
|---|---|--|

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|----------|--------------|----------------|------------|-------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Apple Slices | Mixed Fruit | Applesauce | Banana |
| Grains/Bread | Cheerios | Granola Bar | Frosted Flakes | Waffles | Granola Bar |

Lunch

| | | | | | |
|--|--------------------|--------------------------|------------|--------------|--------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Green Beans | Mixed Vegetable | Carrots | Broccoli | Salad |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | Fruit Cocktail | Pears | Peaches | Pineapple |
| Meat /Meat Alternate | Cheese Stick | Chicken Nuggets | Hotdog | Cheese Stick | Extra Cheese |
| Grains/Bread | Spaghetti/meatball | Whole Wheat Butter Bread | Hotdog Bun | Mac & Cheese | Pizza |

Snack (select any 2)

| | | | | | |
|--|------------|--------------|------------|---------------|-------------|
| Fluid Milk | Yogurt | | Milk | Yogurt | |
| Vegetable or Fruit or 100% Fruit Juice | strawberry | Fruit Juice | Strawberry | | Fruit Juice |
| Meat /Meat Alternate | | | | | |
| Grains/ Bread | | Gram Cracker | | Gram Crackers | Pretzels |

Weekly Menu 1 (3-5 yrs.)

| | | |
|--|---|---|
| Breakfast: Whole grain cereal 1/3 cup (3-5 yrs.), Fruit/Juice ½ cup (3-12 yrs.), Milk ¾ cup (3-5 yrs.), Whole grain Breads ½ slice (1-5yrs.) | Lunch: Fruit/Veg/Juice ½ cup (3-5 yrs.), Breads/Grains Pasta ¼ cup (1-5 yrs.) Breads ½ slice (1-5 yrs.) Milk ¾ cup (3-5 yrs.), Cheese/Meat 1 ½ oz. (3-5 yrs.), | Snack: Cheese ½ oz. (1-5yrs.), Yogurt 2oz (1-5 yrs.) Milk ½ cup (1-5yrs.) Fruit/Veg/ juice ½ cup (1-5 yrs.), Grains 1/3 cup (3-5 yrs.) or ½ slice (1-5 yrs.) |
|--|---|---|

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|----------------|--------------|----------------|------------|----------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Apple Slices | Mixed Fruit | Applesauce | Banana |
| Grains/Bread | Frosted Flakes | Granola Bar | Frosted Flakes | Waffles | Frosted Flakes |

Lunch

| | | | | | |
|--|--------------------|--------------------------|------------|-----------------|--------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Green Beans | Mixed Vegetable | Carrots | Broccoli | Salad |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | Fruit Cocktail | Pears | Peaches | Pineapple |
| Meat /Meat Alternate | Cheese Stick | Chicken Nuggets | Hotdog | Cut up hot dogs | Extra Cheese |
| Grains/Bread | Spaghetti/meatball | Whole Wheat Butter Bread | Hotdog Bun | Mac & Cheese | Pizza |

Snack (select any 2)

| | | | | | |
|--|--------|--------------|--------|---------------|--------------|
| Fluid Milk | Yogurt | | Milk | Yogurt | |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Applesauce | Banana | | |
| Meat /Meat Alternate | | | | | Cheese Stick |
| Grains/ Bread | | Gram Cracker | | Gram Crackers | Pretzels |

Weekly Menu 1 (6-12 yrs.)

| | | |
|---|--|---|
| Breakfast: Whole grain cereal 3/4 cup (6-12 yrs.) Fruit/Juice ½ cup (3-12 yrs.) Milk 1 cup (6-12 yrs.) Whole grain Breads 1 slice (6-12 yrs.) | Lunch: Fruit/Veg/Juice ¾ cup (6-12 yrs.) Breads/Grains Pasta ½ cup (6-12 yrs.) Breads 1 slice (6-12 yrs.) Milk 1 cup (6-12 yrs.) Cheese/Meat 2oz. (6-12yrs) | Snack: Cheese 1oz. (6-12 yrs.) Yogurt 4oz. (6-12 yrs.) Milk 1 cup (6-12 yrs.) Fruit/Veg/ juice ¾ cup (6-12 yrs.) Grains ¾ cup (6-12 yrs.) or 1 slice (6-12 yrs.) |
|---|--|---|

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|----------------|--------------|----------------|------------|----------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Apple Slices | Mixed Fruit | Applesauce | Banana |
| Grains/Bread | Frosted Flakes | Granola Bar | Frosted Flakes | Waffles | Frosted Flakes |

Lunch

| | | | | | |
|--|--------------------|--------------------------|------------|-----------------|--------------------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Green Beans | Mixed Vegetable | Carrots | Broccoli | Salad |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | Fruit Cocktail | Pears | Peaches | Pineapple Fruit Cocktail |
| Meat /Meat Alternate | Cheese Stick | Chicken nuggets | Hotdog | Cut up hot dogs | Extra Cheese |
| Grains/Bread | Spaghetti/meatball | Whole Wheat Butter Bread | Hotdog Bun | Mac & Cheese | Pizza |

Snack (select any 2)

| | | | | | |
|--|--------|--------------|--------|---------------|--------------|
| Fluid Milk | Yogurt | | Milk | Yogurt | |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Applesauce | Banana | | |
| Meat /Meat Alternate | | | | | Cheese Stick |
| Grains/ Bread | | Gram Cracker | | Gram Crackers | Pretzels |

Weekly Menu 2 (1-2 yrs.)

| | | |
|---|---|--|
| Breakfast: Whole grain cereal ¼ cup, Fruit/Juice ¼ cup, Milk ½ cup, Whole grain Breads ½ slice | Lunch: Fruit/Veg/Juice ¼ cup, Breads/Grains Pasta ¼ cup Breads ½ slice, Milk ½ cup Cheese/Meat 1oz | Snack: Cheese ½ oz. Yogurt 2oz Milk ½ cup Fruit/Veg/ juice ½ cup Grains ¼ cup slice |
|---|---|--|

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------|----------------|------------------|------------------|---------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Apple Slices | Peaches | Mandarin Oranges | Banana |
| Grains/Bread | oatmeal | Granola Bar | Toast | Toast | oatmeal |

Lunch

| | | | | | |
|---|-------------------------|--------------|---------------------|--------------------------|--------------------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Green Beans | Carrots | Green Beans | Corn | Mixed Vegetables |
| Vegetable or Fruit or 100% Fruit Juice | Peaches | Pineapple | Applesauce | Mandarin Oranges | Banana |
| Meat /Meat Alternate | Slices Turkey + Cheeses | Extra cheese | Cheese Stick | Grilled Cheese | Chicken Nuggets |
| Grains/Bread | Ritz Crackers | Pizza | Spaghetti Meatballs | Whole Wheat Butter Bread | Whole Wheat Butter Bread |

Snack (select any 2)

| | | | | | |
|---|--------|-------------------|-----------------|-------------|--------------|
| Fluid Milk | | | Milk | milk | |
| Vegetable or Fruit or 100% Fruit Juice | Apple | Tropical Juice | | | |
| Meat /Meat Alternate | Cheese | | | | Cheese Stick |
| Grains/ Bread | | Goldfish Crackers | Animal Crackers | Granola Bar | Pretzels |

Weekly Menu 2 (3-5 yrs.)

Week of:

| | | |
|--|---|---|
| Breakfast: Whole grain cereal 1/3 cup (3-5 yrs.), Fruit/Juice ½ cup (3-12 yrs.), Milk ¾ cup (3-5 yrs.), Whole grain Breads ½ slice (1-5yrs.) | Lunch: Fruit/Veg/Juice ½ cup (3-5 yrs.), Breads/Grains Pasta ¼ cup (1-5 yrs.) Breads ½ slice (1-5 yrs.) Milk ¾ cup (3-5 yrs.), Cheese/Meat 1 ½ oz. (3-5 yrs.), | Snack: Cheese ½ oz. (1-5yrs.), Yogurt 2oz (1-5 yrs.) Milk ½ cup (1-5yrs.) Fruit/Veg/ juice ½ cup (1-5 yrs.), Grains 1/3 cup (3-5 yrs.) or ½ slice (1-5 yrs.) |
|--|---|---|

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|--------------|-----------|------------------|---------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Apple Slices | Peaches | Mandarin Oranges | Banana |
| Grains/Bread | oatmeal | Granola Bar | Toast | Waffles | oatmeal |

Lunch

| | | | | | |
|--|---------------------------|--------------|---------------------|--------------------------|--------------------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Green Beans | Carrots | Green Beans | Corn | Mixed Vegetables |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | Pineapple | Peaches | Mandarin Oranges | Banana |
| Meat /Meat Alternate | Sliced Turkey + Cheese | Extra cheese | Cheese Stick | Grilled Cheese | Chicken Nuggets |
| Grains/Bread | Ritz Crackers Whole Wheat | Pizza | Spaghetti Meatballs | Whole Wheat Butter Bread | Whole Wheat Butter Bread |

Snack (select any 2)

| | | | | | |
|--|--------|-------------------|-------------------|-------------|--------------|
| Fluid Milk | | | Milk | milk | |
| Vegetable or Fruit or 100% Fruit Juice | Apple | Tropical Juice | | | |
| Meat /Meat Alternate | Cheese | | | | Cheese Stick |
| Grains/ Bread | | Goldfish Crackers | Cheez It Crackers | Granola Bar | Pretzels |

Weekly Menu 2 (6-12 yrs.)

| | | |
|---|---|--|
| Breakfast: Whole grain cereal 3/4 cup (6-12 yrs.) Fruit/Juice ½ cup (3-12 yrs.) Milk 1 cup (6-12 yrs.) Whole grain Breads 1 slice (6-12 yrs.) | Lunch: Fruit/Veg/Juice ¾ cup (6-12 yrs.) Breads/Grains Pasta ½ cup (6-12 yrs.) Breads 1 slice (6-12 yrs.) Milk 1 cup (6-12 yrs.) Cheese/Meat 2oz. (6-12yrs) | Snack: Cheese 1oz. (6-12 yrs.) Yogurt 4oz. (6-12 yrs.) Milk 1 cup (6-12 yrs.) Fruit/Veg/ juice ¾ cup (6-12 yrs.) Grains ¾ cup (6-12 yrs.) or 1 slice (6-12 yrs.) |
|---|---|--|

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------|--------------|-----------|------------------|---------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Apple Slices | Peaches | Mandarin Oranges | Banana |
| Grains/Bread | oatmeal | Granola Bar | Toast | Waffles | oatmeal |

Lunch

| | | | | | |
|--|---------------------|--------------|-------------------------|------------------|------------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Green Beans | Carrots | Green Beans | Corn | Mixed Vegetables |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | Pineapple | Peaches | Mandarin Oranges | Banana |
| Meat /Meat Alternate | Cheese Stick | Extra cheese | Slices Turkey + Cheeses | Cheese | Chicken Nuggets |
| Grains/Bread | Spaghetti Meatballs | Pizza | Ritz Crackers | Bread | Bread |

Snack (select any 2)

| | | | | | |
|--|--------|-------------------|-------------------|-------------|--------------|
| Fluid Milk | | | Milk | milk | |
| Vegetable or Fruit or 100% Fruit Juice | Apple | Tropical Juice | | | |
| Meat /Meat Alternate | Cheese | | | | Cheese Stick |
| Grains/ Bread | | Goldfish Crackers | Cheez It Crackers | Granola Bar | Pretzels |

| | | |
|---|---|--|
| Breakfast: Whole grain cereal ¼ cup, Fruit/Juice ¼ cup, Milk ½ cup, Whole grain Breads ½ slice | Lunch: Fruit/Veg/Juice ¼ cup, Breads/Grains Pasta ¼ cup Breads ½ slice, Milk ½ cup Cheese/Meat 1oz | Snack: Cheese ½ oz. Yogurt 2oz Milk ½ cup Fruit/Veg/ juice ½ cup Grains ¼ cup slice |
|---|---|--|

Weekly Menu 3 (1-2yr)

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------|----------------|------------------|-----------------|----------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Mixed Fruits | Apple Slices | Mixed Fruit | Applesauce | Banana |
| Grains/Bread | Frosted Flakes | Granola Bar | Frosted Flakes | Waffles | Frosted Flakes |

Lunch

| | | | | | |
|---|-----------------------|-------------|-------------------|-----------------|------------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Carrots | Grape juice | Carrots | Broccoli | Mixed Vegetables |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | carrots | Pears | Peaches | Fruit Cocktail |
| Meat /Meat Alternate | Peanut Butter + Jelly | Hotdogs | Turkey & cheese | Cut up hot dogs | Chicken nuggets |
| Grains/Bread | Whole Wheat Bread | Wheat bun | Whole Wheat Bread | Mac & Cheese | Butter Bread |

Snack (select any 2)

| | | | | | |
|---|--------|--------------|--------|---------------|--------------|
| Fluid Milk | Yogurt | | Milk | | |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Applesauce | Banana | Fruit Juice | |
| Meat /Meat Alternate | | | | | Cheese Stick |
| Grains/ Bread | | Gram Cracker | | Veggie Sticks | Pretzels |

Weekly Menu 3 (2-5yr)

Week of:

| | | |
|--|---|---|
| Breakfast: Whole grain cereal 1/3 cup (3-5 yrs.), Fruit/Juice ½ cup (3-12 yrs.), Milk ¾ cup (3-5 yrs.), Whole grain Breads ½ slice (1-5yrs.) | Lunch: Fruit/Veg/Juice ½ cup (3-5 yrs.), Breads/Grains Pasta ¼ cup (1-5 yrs.) Breads ½ slice (1-5 yrs.) Milk ¾ cup (3-5 yrs.), Cheese/Meat 1 ½ oz. (3-5 yrs.), | Snack: Cheese ½ oz. (1-5yrs.), Yogurt 2oz (1-5 yrs.) Milk ½ cup (1-5yrs.) Fruit/Veg/ juice ½ cup (1-5 yrs.), Grains 1/3 cup (3-5 yrs.) or ½ slice (1-5 yrs.) |
|--|---|---|

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|----------------|--------------|----------------|------------|----------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Mixed Fruits | Apple Slices | Mixed Fruit | Applesauce | Banana |
| Grains/Bread | Frosted Flakes | Granola Bar | Frosted Flakes | Waffles | Frosted Flakes |

Lunch

| | | | | | |
|--|-----------------------|-------------|-------------------|-----------------|------------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Carrots | Grape juice | Carrots | Broccoli | Mixed Vegetables |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | carrots | Pears | Peaches | Fruit Cocktail |
| Meat /Meat Alternate | Peanut Butter + Jelly | Hot Dogs | Turkey & cheese | Cut up hot dogs | Chicken nuggets |
| Grains/Bread | Whole Wheat Bread | Wheat bun | Whole Wheat Bread | Mac & Cheese | Butter Bread |

Snack (select any 2)

| | | | | | |
|--|--------|--------------|--------|---------------|--------------|
| Fluid Milk | Yogurt | | Milk | | |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Applesauce | Banana | Fruit Juice | |
| Meat /Meat Alternate | | | | | Cheese Stick |
| Grains/ Bread | | Gram Cracker | | Veggie Sticks | Pretzels |

| | | |
|---|---|--|
| Breakfast: Whole grain cereal 3/4 cup (6-12 yrs.) Fruit/Juice ½ cup (3-12 yrs.) Milk 1 cup (6-12 yrs.) Whole grain Breads 1 slice (6-12 yrs.) | Lunch: Fruit/Veg/Juice ¾ cup (6-12 yrs.) Breads/Grains Pasta ½ cup (6- 12 yrs.) Breads 1 slice (6-12 yrs.) Milk 1 cup (6-12 yrs.) Cheese/Meat 2oz. (6-12yrs) | Snack: Cheese 1oz. (6-12 yrs.) Yogurt 4oz. (6-12 yrs.) Milk 1 cup (6-12 yrs.) Fruit/Veg/ juice ¾ cup (6-12 yrs.) Grains ¾ cup (6-12 yrs.) or 1 slice (6-12 yrs.) |
|---|---|--|

Weekly Menu 3 (6-12yr)

Week of:

| Breakfast | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|----------------|--------------|----------------|------------|----------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Mixed Fruits | Apple Slices | Mixed Fruit | Applesauce | Banana |
| Grains/Bread | Frosted Flakes | Granola Bar | Frosted Flakes | Waffles | Frosted Flakes |

Lunch

| | | | | | |
|---|-----------------------|-------------|-------------------|-----------------|------------------|
| Fluid Milk | Milk | Milk | Milk | Milk | Milk |
| Vegetable or Fruit or 100% Fruit Juice | Carrots | Grape juice | Carrots | Broccoli | Mixed Vegetables |
| Vegetable or Fruit or 100% Fruit Juice | Applesauce | carrots | Pears | Peaches | Fruit Cocktail |
| Meat /Meat Alternate | Peanut Butter + Jelly | Hotdog | Turkey & cheese | Cut up hot dogs | Chicken nuggets |
| Grains/Bread | Whole Wheat Bread | Wheat bun | Whole Wheat Bread | Mac & Cheese | Butter Bread |

Snack (select any 2)

| | | | | | |
|---|--------|--------------|--------|---------------|--------------|
| Fluid Milk | Yogurt | | Milk | | |
| Vegetable or Fruit or 100% Fruit Juice | Banana | Applesauce | Banana | Fruit Juice | |
| Meat /Meat Alternate | | | | | Cheese Stick |
| Grains/ Bread | | Gram Cracker | | Veggie Sticks | Pretzels |

