

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat			cream cheese	Eggs	Cheese
Bread	Blue berry muffins	Cheerios Cereal	Bagel	Whole Wheat Bread	Whole Wheat Bread
Fruit	Strawberries	Bannanas	Blue Berries	Peaches	Oranges
Veg					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
AM Snack					
Meat					
Bread		Graham Crackers			
Fruit	Apples sauce		Mandarines	Grapes	Pears
Veg					
Milk	1% whole/water	1% whole/water	1 whole/water	1%whole/water	1% whole/water
Lunch					
Meat	Corndogs	chicken	Chicken	Cheese	Chicken
Bread	whole wheat bread	Whole Wheat Tortillas	Whole Wheat Bread	Pizza Crust	Whole Wheat Bread
Fruit	grapes	Apples	Pears	Pinapples	Seasonal Fruit
Vegt	Cucumbers	carrots	Mixed Vegetables	Carrots	Mixed Salad
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
PM Snack					
Meat	Cheese	Yogurt		Peanut Butter	
Bread	Wheat Thins	Cheerios	Graham Crackers		Animal Crackers
Fruit				Apples	
Vegt					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat	Eggs			Eggs	
Bread	Whole Wheat Bread	Cereal	Panckaces	Whole Wheat Bread	Muffins
Fruit	Grapes	Blue berries	Strawberries	peaches	Pears
Veg					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
AM Snack					
Meat					
Bread			Whole Grain Goldfish Crackers		Gram Crackers
Fruit	Mandarines	Bannanas		Oranges	
Veg					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
Lunch					
Meat	Bean Burrito	Sweet&Sour Chicken	Cheese	Cheese	Turkey Hotdogs
Bread	Tortillas	Whole Wheat Bread	Noodles	Pizza Crust	Whole Wheat Bread
Fruit	Apples	Pears	Grapes	Pinapples	Seasonal Fruit
Vegt	Mixed Salad	Brocoli	Cucumbers	Mixed Vegt	Carrots
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
PM Snack					
Meat				Peanut Butter	Yogurt
Bread	Hawaiian Bread		Graham Crackers		Cheerios
Fruit		Oranges		Apples	
Vegt					
Milk	1% Whole/Water	1% Whole/Water	1% Whole/Water	1% Whole/Water	1% Whole/Water

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat		Cheese	Hotdogs & Eggs		
Bread	Muffins	Whole Wheat Bread	Whole Wheat Bread	Muffins	Pancakes
Fruit	Strawberries	Peaches	Oranges	Blue Berries	Seasonal Fruit
Veg					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
AM Snack					
Meat			Cheese		
Bread				Gold Fish Crackers	
Fruit	Bananas	Apple Sauce			Mandarines
Veg					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
Lunch					
Meat	Chicken	Beans	Sweet and Sour Chicken	Cheese	Cheese
Bread	Whole Wheat Bread	Tortillas	Noodles	Pizza Crust	Noodles
Fruit	Oranges	Apples	Pears	Pineapples	Seasonal Fruit
Vegt	Green Beans	Carrots	Mixed Salad	Mixed Vegt	Broccoli
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
PM Snack					
Meat		Yogurt	Peanut Butter		Yogurt
Bread	Hawaiian Bread	Animal Crackers		Graham Crackers	Cheerios
Fruit			Apples		
Vegt					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Meat	Eggs				Cheese
Bread	Whole wheat bread	Muffins	Cheerios	Muffins	Whole Wheat Tortillas
Fruit	Strawberries	Blue Berries	Strawberries	Strawberries	Oranges
Veg					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
AM Snack					
Meat					
Bread				Gold Fish Crackers	
Fruit	Bananas	Seasonal Fruit	Pears		Grapes
Veg					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
Lunch					
Meat	Bean	Chicken	Chicken	Cheese	Sweat and Sour Chicken
Bread	Flour Tortillas	Whole Wheat Bread	Noodles	Pizza Crust	Whole Wheat Bread
Fruit	Pineapples	Seasonal Fruit	Peaches	Pineapple	Seasonal Fruit
Vegt	Cucumbers	Broccoli	Carrots	carrots	Green Beans
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water
PM Snack					
Meat		Yogurt	Peanut Butter		Cheese
Bread	Gold Fish Crackers	Animal Crackers		Wheat Thins	Wheat Thins
Fruit			Apples	Fruit Juice	
Vegt					
Milk	1% whole/water	1% whole/water	1% whole/water	1% whole/water	1% whole/water