

Menu Week #1

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk: 4 oz. Fruit/Veg: 4 oz. Grain: 6 oz (1/2 slice)	Corn Flakes 1/3 c, 3/4 c Toast 1/2, 1 Juice 1/2 c Milk 3/4 c	Cheerios 1/3 c, 3/4 c Rice Cake 1 Orange Slices 1/2 c Milk 3/4 c	Pancakes 1/2, 1 Apple Slices 1/2 c Milk 3/4 c	Chex Cereal 1/3 c, 3/4 c Toast 1/2, 1 Orange Slices 1/2 c Milk 3/4 c	Scrambled Eggs 1 Toast 1/2, 1 Juice 1/2 c Milk 3/4 c
AM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Carrots 1/2 Saltines 4,8 Water	Chow Mein Crackers 1/2, 1 Juice 1/2 c	Mandarin Oranges 1/2 c, 3/4 c Graham Crackers 1/2, 1 Water	Cucumbers 1/2, 3/4 c Wheat Thins 1/2, 1 Water	Ritz Crackers 4, 8 Cheese Slice 1 Water
PM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Pretzels 1/2, 1 Apple Slices 1/2 c Water	Cinnamon Toast 1/2, 1 Milk 3/4 c	Dorito Chips 1/2, 1 Juice 1/2 c	Animal Crackers 1/2, 1 Milk 3/4 c	Leftover Mix: <hr/> + Milk 3/4 c

*Servings are listed as preschool, then school aged respectively

Menu Week #2

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk: 4 oz. Fruit/Veg: 4 oz. Grain: 6 oz (1/2 slice)	Rice Krispies 1/3 c, 3/4 c Toast 1/2, 1 Mandarin Oranges 1/2 c, 3/4 c Milk 3/4 c	Oatmeal 1/4, 1/2 c Rice Cake 1 Apple Slices 1/2 c Milk 3/4 c	French Toast 1/2, 1 Orange Slices 1/2 c Milk 3/4 c	Chex Cereal 1/3 c, 3/4 c Toast 1/2, 1 Juice 1/2 c Milk 3/4 c	Rice Krispies 1/3 c, 3/4 c Toast 1/2, 1 Juice 1/2 c Milk 3/4 c
AM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Broccoli 1/2, 3/4 c Club Crackers 4, 8 Water	Wheat Thins 1/2, 1 Juice 1/2 c	Pineapple 1/2, 3/4 c Graham Crackers 1/2, 1 Water	Cottage Cheese 1/2, 3/4 c Saltines 4, 8 Water	Cheese Nips 1/2, 1 Juice 1/2 c
PM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Graham Crackers+ frosting 1/2, 1 Milk 3/4 c	Quesadilla: Tortilla 1/2, 1 Cheese 1 Water	Tortilla Chips 1/2, 1 Juice 1/2 c	Applesauce 1/2, 3/4 c Cin. Graham Cracker 1/2, 1 Water	Leftover Mix: <hr/> + Milk 3/4 c

*Servings are listed as preschool, then school aged respectively

Menu Week #3

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk: 4 oz. Fruit/Veg: 4 oz. Grain: 6 oz (1/2 slice)	Corn Flakes 1/3 c, 3/4 c Toast 1/2, 1 Pineapple 1/2 c, 3/4 c Milk 3/4 c	Cheerios 1/3 c, 3/4 c Toast 1/2, 1 1/2 c Milk 3/4 c	Pancakes 1/2, 1 Apple Slices 1/2 c Milk 3/4	Chex Cereal 1/3 c, 3/4 c Toast 1/2, 1 Pears 1/2 c, 3/4 c Milk 3/4 c	Bagel + Jelly 1/2, 1 Orange Slices 1/2 c Milk 3/4 c
AM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Chow Mein Crackers 1/2, 1 Juice 1/2 c	Club Crackers 4, 8 Raisins 1/2, 3/4 c Water	Pears 1/2, 3/4 c Graham Crackers 1/2, 1 Water	Celery 1/2, 3/4 c Pretzels 1/2, 1 Water	Whale Crackers 1/2, 1 Juice 1/2 c
PM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Animal Crackers 1/2, 1 Milk 3/4 c	Jelly Sandwich Wheat Bread 1/2, 1 Milk 3/4 c	Dorito Chips 1/2, 1 Juice 1/2 c	Cinnamon Tortilla Shells 1/2, 1 Milk 3/4 c	Leftover Mix: <hr style="width: 50%; margin: 5px auto;"/> + Milk 3/4 c

*Servings are listed as preschool, then school aged respectively

Menu Week #4

Week of:

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast: Milk: 4 oz. Fruit/Veg: 4 oz. Grain: 6 oz (1/2 slice)	Corn Flakes 1/3 c, 3/4 c Toast 1/2, 1 Juice 1/2 c Milk 3/4 c	Breakfast Burrito: Egg 1 Tortilla 1/2, 1 Cheese 1 Apple Slices 1/2 c Milk 3/4 c	French Toast 1/2, 1 Orange Slices 1/2 c Milk 3/4 c	Chex Cereal 1/3 c, 3/4 c Toast 1/2, 1 Peaches 1/2 c, 3/4 c Milk 3/4 c	Bagel 1/2, 1 Cheese 1 Orange Slices 1/2 c Milk 3/4 c
AM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Carrots 1/2 Ritz 4,8 Water	Club Crackers 4, 8 Juice 1/2 c	Peaches 1/2, 3/4 c Graham Crackers 1/2, 1 Water	Bell Peppers 1/2, 3/4 c Saltines 4, 8 Water	Yogurt 1/2, 3/4 c Apple Slices 1/2 c Water
PM Snack: Choice of 2: Meat, Fruit/Veg, Milk, Grain	Pretzels 1/2, 1 Apple Slices 1/2 c Water	Mini Pizza: Tortilla 1/2 1 Cheese 1 Tomato Sauce 1/2 c Water	Tortilla Chips 1/2, 1 Juice 1/2 c	Grilled Cheese: Wheat Bread 1/2, 1 Cheese 1 Water	Leftover Mix: <hr/> + Milk 3/4 c

*Servings are listed as preschool, then school aged respectively