

Week 1

Breakfast
& Lunch:
Wobs-4 oz
Unflavored
Whole
Milk

Tods -4 oz
Unflavored
1% Milk

PK -6 oz
Unflavored
1% milk

Blue Text = +
36 mo

Mon	Tue	Wed	Thu	Fri
Breakfast - Yogurt (1/2 C) Mixed Berries(1/2 C) <hr/> Lunch - Tortilla Pizza(WG) (1/2 tortilla, pizza sauce, 1.5 oz cheese) Sugar Snap Peas (1/4 C) Pears(1/4 C) <hr/> PM Snack - Apple Slices (1/2C) Peanut Butter (2 TBSP)	Breakfast - Apple Pumpkin Oatmeal (WG) Apple Slices (1/2C) <hr/> Lunch - Tilapia (1.5 oz) Couscous(1/4 C) Peaches(1/4 C) Cucumber (1/4 C) <hr/> PM Snack - Cheese-its Pineapple (1/2 C)	Breakfast- Orange-Cranberry Muffins(1/2C)(WG) Turkey Bacon (.5oz) <hr/> Lunch - Tacos (flour tortilla, 1.5 of ground beef, cheese) Tomato (1/4 C) Blackberries (1/4C) <hr/> PM Snack - Animal Crackers Orange Slices(1/2)	Breakfast - Pancakes Strawberries (1/2C) <hr/> Lunch - Asian Chicken and Broccoli (Chicken 1.5oz & 1/4C Broccoli) Brown Rice (1/2C) Cherries (1/4C) <hr/> PM Snack - Teddy Grahams (WG) Peaches(1/2 C)	Breakfast- Frosted Mini Wheats (1/2 C) (WG) Banana (1/2) <hr/> Lunch - Pepperoni & Cheese (1.5 oz) Crackers Carrots (1/4 C) Mandarin Oranges (1/4 C) <hr/> PM Snack - Pretzels Peanut Butter (2 TBSP)

This institution is an equal
opportunity provider.

Week 2

Breakfast
& Lunch:
Tods-4 oz
Unfla-
vored
whole
milk

PK -6 oz
Unfla-
vored
1% milk

Blue Text =
+ 36 mo

Mon	Tue	Wed	Thu	Fri
Breakfast - Yogurt (1/2 C) Blueberries(1/2C) <hr/> Lunch - Sloppy Joe (WG Bun, 1.5 oz ground beef) Corn (1/4 C) Cherries (1/4 C) <hr/> PM Snack - Teddy Grahams (WG) Peaches (1/2 C)	Breakfast - Blueberry Muffins (WG) (2 mini) Apple Slices (1/2 C) <hr/> Lunch - Chicken Tacos (1 mini tortilla, shredded cheese) Mango(1/4 C) Cherry Tomatoes (1/4 C) <hr/> PM Snack - Goldfish Apple Sauce (1/2 C)	Breakfast- Hashbrowns (1/2 C) Turkey Bacon (1.5 oz) <hr/> Lunch - Quesadilla (1/2 tortilla, 1.5 oz cheese) (WG) Avocado (1/4 C) Raspberries (1/4 C) <hr/> PM Snack - Chex Mix (Chex, goldfish, pretzels) Craisins (1/4 C)	Breakfast - Waffles Mixed Berries (1/2 C) <hr/> Lunch - Quinoa (1/2C)(WG) Peas& Carrots (1/4C) Chicken (1.5 oz) Kiwi(1/4C) <hr/> PM Snack - Oranges (1/2 C) Graham Cracker	Breakfast- Berry Cheerios (1/2 C) (WG) Banana (1/2) <hr/> Lunch - Ham & Cheese (1.5 oz) Crackers Carrots (1/4 C) Pineapple (1/4 C) <hr/> PM Snack - Pretzels String Cheese

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