

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)	Breakfast - English Muffin (WG) Smoothie (1/2 C fruit)	Breakfast- Life Cereal (1/2C) (WG) Apple Slices (1/2 C)	Breakfast - Waffles Strawberries (1/2C)	Breakfast- Frosted Mini Wheats (1/2 C) (WG) Banana (1/2)
Lunch - Tortilla Pizza(WG) (1/2 tortilla, pizza sauce, 1.5 oz cheese) Sugar Snap Peas (1/4 C) Cantaloupe (1/4 C)	Lunch - Tilapia (1.5 oz) Couscous(1/4 C) Blueberries (1/4 C) Cucumber (1/4 C)	Lunch - Tacos (flour tortilla, 1.5 of ground beef, cheese) Tomato (1/4 C) Blackberries (1/4C)	Lunch - Chicken Sliders (hawaiian roll, 1.5 oz chicken, cheese) Sweet potato fries (1/4 C) Kiwi (1/4 C)	Lunch - Pepperoni & Cheese (1.5 oz) Crackers Carrots (1/4 C) Mandarin Oranges (1/4 C)
PM Snack - Apple Slices (1/2C) Peanut Butter (2 TBSP)	PM Snack - Cheese-its Orange Slices (1/2 C)	PM Snack - Pretzels Raisins (1/4 C)	PM Snack - Teddy Grahams (WG) Watermelon (1/2 C)	PM Snack - Animal Crackers Pineapple (1/2)

This institution is an equal opportunity provider.

Week 2

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) Blueberries (1/2C)	Breakfast - Hashbrowns (1/2 C) Turkey Bacon (1.5 oz)	Breakfast- Cinnamon Toast (WG) (1/2 Slice) Apple Slices (1/2 C)	Breakfast - Waffles Mixed Berries (1/2 C)	Breakfast- Berry Cheerios (1/2 C) (WG) Banana (1/2)
Lunch - Sloppy Joe (WG Bun, 1.5 oz ground beef) Corn (1/4 C) Cherries (1/4 C)	Lunch - Peanut Butter & Jelly Sandwich (WG) (1/2 Sandwich) String Cheese Strawberries (1/4 C) Sugar Snap Peas (1/4 C)	Lunch - Chili (1.5 oz ground beef, beans, cheese) Cornbread Beans (1/4 C) Pears (1/4 C)	Lunch - Quesadilla (1/2 tortilla, 1.5 oz cheese) (WG) Avocado (1/4 C) Mango (1/4 C)	Lunch - Ham & Cheese (1.5 oz) Crackers Carrots (1/4 C) Pineapple (1/4 C)
PM Snack - Teddy Grahams (WG) Peaches (1/2 C)	PM Snack - Goldfish Watermelon (1/2 C)	PM Snack - Chex Mix (Chex, goldfish, pretzels) Craisins (1/4 C)	PM Snack - Animal Crackers Oranges (1/2 C)	PM Snack - Pretzels String Cheese