

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 - Breakfast Cereal 3/4 Cup Orange Slices 1/2 Cup ----- Lunch - Mac N Cheese 1/2 Cup (1.5 oz meat alt) Whole Wheat Pasta 1/4 cup Broccoli 1/4 cup Apple Slices 1/4 cup ----- PM Snack - Graham Crackers .5 oz serving Apple Sauce 1/2 Cup	Breakfast - Low fat vanilla Yogurt 1/4 Cup Banana 1/2 ----- Lunch - Turkey Tacos (2.0 oz meat and cheese) (1) Whole Wheat Dinner Roll .5 oz Beans 1/4 cup Apple Sauce Pouch 3.2 oz ----- PM Snack - Whole Wheat Fruit Muffin Square (.5 oz grain serving) Banana 1/2 cup serving	Breakfast- Baked Oatmeal Square .5 oz Grain serving Fresh berries diced 1/4 cup ----- Lunch - Cheesy Turkey Chili (Meat and cheese 2.0 oz. Beans 1/4 cup) Whole wheat tortilla (.5 oz grain serving) Apple Slices 1/4 cup ----- PM Snack - Peanut Butter Jelly Sandwich on Whole wheat bread .5 oz grains Banana 1/2 Cup serving	Breakfast - Mini pancakes (.5 oz grain) Banana 1/2 ----- Lunch - Asian Chicken 1.5 oz Broccoli Diced 1/4 cup Brown Rice 1/4 cup Orange Slices 1/4 Cup ----- PM Snack - Whole Wheat Mini muffins (.5 oz serving grain) Fresh Mixed Berries 1/2 cup	Breakfast- 1/2 Whole wheat biscuits and Gravy Orange Slices 1/2 Cup ----- Lunch - Turkey Sloppy Joe (1.5 oz filling) Whole Wheat Dinner roll (.5 oz) Cauliflower 1/4 cup Pineapple 1/4 cup ----- PM Snack - String Cheese 1 oz Crackers 1/2 oz serving Apple Slices 1/2 Cup

Week 1

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 - Baked Oatmeal Square .5 oz grains Orange Slices 1/2 Cup	Breakfast - Whole Wheat Mini Muffins .5 oz grains Banana 1/2 cup serving	Breakfast- Puff cereal 3/4 cup Mixed Berries 1/2 cup serving	Breakfast - Cheesy Potatoes 1/2 Cup Whole Wheat Tortillas .5 oz grains	Breakfast- Mini pancakes (.5 oz grain) Apple Slices 1/2 cup
Lunch - Turkey and Cheese Sandwich 1.5 meat and meat alt Whole Wheat Bread .5 oz grains French Fries 1/2 Cup Apple Slices 1/2 Cup	Lunch - Whole Grain Pasta 1/2 Oz Homemade Turkey Meatballs cut 2.0 oz Tomato Sauce 1/4 Cup Broccoli Diced 1/4 Cup	Lunch - Grilled Turkey and Cheese Sandwich 1.5 oz meats, .5 oz grains Tomato Soup 1/4 cup Apple Slices 1/4 cup	Lunch - Brown Rice Bowl 1/4 Cup Beans 1/4 Cup Corn 1/4 Cup Mixed Berries 1/4 Cup PM Snack -	Lunch - BBQ Chicken Sandwich 1/4 cup Whole Wheat Roll (.5 Oz grain) Roasted Cauliflow- er 1/4 cup Grapes 1/4 cup
PM Snack - Cheez-its .5 oz grains (1/4 cup) Grapes 1/2 cup	PM Snack - Apple Slices 1/2 cup Peanut Butter 1 Tablespoon Crackers .5 oz grains	PM Snack - Fruit Muffin Square .5 oz serving grain Banana 1/2 cup	Whole Wheat mini muffins (.5 oz grains) Cheese Stick 1 oz	PM Snack - Crackers .5 oz grains Peanut butter 1 Tablespoon Banana 1/2 cup serving