

Week of:	Monday	Tuesday	Wednesday	Thursday	Friday
	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Toddler, PS, School Age					
Milk 4,6,8 oz servings	Whole / 1% or Skim	Whole / 1% or Skim	Whole / 1% or Skim	Whole / 1% or Skim	Whole / 1% or Skim
Fruit/Veg or 100% Juice	100% Grape Juice	Hash Browns	Tangerine	Blueberries	Cantalope Slices
Bread or Grain	Cheerios		Waffle		Mini Bagel/ cream cheese
Meat/Meat Alt max 3 X a week		Scrambled Eggs		Vanilla Yogurt	
	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 4,6,8 oz servings	Whole / 1% or Skim	Whole / 1% or Skim	Whole / 1% or Skim	Whole / 1% or Skim	Whole / 1% or Skim
Meat/Meat Alternative	All Beef Meatballs	Fish Sticks	Chicken Tenders	Meat sauce	Refried Beans/ Cheese
Fruit or Vegetable	Pineapple	Strawberries	Apple Sauce	Mandarin Oranges	Peaches
Vegetable	Green Beans	Green Peas	Baked Beans	Tossed Salad with Dressing	Corn
Bread or Grain	Rice	Macaroni & Cheese	Whole Wheat Dinner Roll	Spaghetti	Tortilla
Minimum 2 of the following	Snack	Snack	Snack	Snack	Snack
Milk 4,6,8 oz servings	Water	Water	Whole/1% or Skim Milk	Water	Whole/1% or Skim Milk
Meat/Meat Alternative	Cheese Sticks			Cheddar Cheese Slices	
Fruit or Vegetable	Celery and Carrot Sticks	Bananas	Apples and Oranges		
Bread or Grain		Mini Muffins		Whole Grain Crackers	Oatmeal Raisin Cookies