

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice
AM Snack	1 Oatmeal Cookie Soft Oatmeal Cookie 1/8 Cup Raisins Whole or 1% Milk	1/2 Slice Whole Wheat Toast 1/3 Banana Whole or 1% Milk	Pumpkin (Fruit) Whole Grain Muffin Whole or 1% Milk	1-Cheese Quesadilla on Whole Grain Tortilla Whole or 1% Milk	2 oz Yogurt 1/2 Graham Cracker Whole or 1% Milk
Lunch	Loaded Mashed Potato w/cheese, sour cream / bacon bits & butter Cottage Cheese Pineapple Whole or 1% Milk	Baked Ziti with Meat Sauce and Tomatoes Lettuce w/ranch French Bread w/ butter Whole or 1% Milk	Chicken and WW Pasta with Garlic Butter Sauce Peas Mixed Fruit Whole or 1% Milk	Cheese bread stick w/marinara sauce Green Beans Pears Whole or 1% Milk	Hot Dogs Peaches Corn Bread Fresh Veggies Whole or 1% Milk
PM Snack	Pretzels or Ritz Crackers 1 oz Hummus 100% Juice	Animal Crackers 1 Apricots 100% Juice	Carrot Sticks WW Crackers 1 oz Peanut Butter 100% Juice	WG Tortilla Chips Salsa Saltine Crackers 1 oz Fruit Cup 100 % Juice	Trail Mix Cereal/Pretzels Raisins/ Craisins 100% Juice Corn Puffs

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Cereal Milk 100 % Juice	WG Cereal Milk 100 % Juice	WG Cereal Milk 100 % Juice	WG Cereal Milk 100 % Juice	WG Cereal Milk 100 % Juice
AM Snack	¼ C Chex Mix or ¼ C Cheerios ½ c Apple Slices Whole or 1% Milk	¼ Bagel Light Cream Cheese 1 Apricot Whole or 1% Milk	½ Raisin Bread Orange Wedge or Mandarian Oranges Whole or 1% Milk	1 - String Cheese ½ (1, 2 & 3 yr olds) ½ Craisins Whole or 1% Milk	1 -Blueberry Whole Grain Muffin Whole or 1% Milk
Lunch	½ Sloppy Joes on Whole Grain Bun French Fries Mixed Fruit Whole or 1% Milk	Soft Taco 1.5 oz lean meat & Cheese/ Shell Corn Spanish Rice Whole or 1% Milk	Scrambled Eggs w/cheese Toast w/perserves Peaches Whole or 1% Milk	Chili w/beans Diced Tomatoes Whole Wheat Crackers Pears Whole or 1% Milk	Chicken Alfredo Pasta Peas Jello with Fruit Whole or 1% Milk
PM Snack	½ Graham Crackers ½ C Raisins 100% Juice	Ritz Crackers or ¼ C Carrots 1 oz Cottage Cheese 100 % Juice	Cheese Crackers 1 oz humas 100% Juice	WG Tortilla Chips or Fruit cup/cracker 1 oz Salsa 100 % Juice	Granola Bar or Rice Chex Cereal ½ C Craisins 100% Juice

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice	WG Cereal Whole or 1% Milk 100% Juice
AM Snack	Graham Cracker ¼ C Raisins Whole or 1% Milk	Cereal Mix Appricots Whole or 1% Milk	¼ Bagel w/ Peanut Butter Whole or 1% Milk	Club Crackers ½ Cup Banana Whole or 1% Milk	Apple Rice Cakes W/W Saltine 1 oz Applesauce Whole or 1% Milk
Lunch	Spaghetti w/Meat Sauce and Diced Tomatoes Lettuce w/ranch French Bread/Butter Whole or 1% Milk	Tator Tot Casserole Green Beans Pears Whole or 1% Milk	½ PB & J Sandwich Baked Lays Mixed Veggies Fresh Vegetables w/ranch Whole or 1% Milk	1 oz Ham Chunks ¼ C peas ¼ C Peaches Whole Grain Biscuit Whole or 1% Milk	Cheese Pizza ¼ C Mixed Veggies ¼ C Fruit Cocktail Whole or 1% Milk
PM Snack	1 Oatmeal Cookie Orange Slices Soft Oatmeal Mand. Oranges 100% Juice	WG Tortilla Chips Salsa Cheerios & Raisins 100% Juice	Wheat Crackers 2 oz Yogurt 100% Juice	Cheese-It's ¼ C Craisins 100% Juice	Trail Mix Popcorn Cereal / Pretzels/ Raisins/ Craisins 100% Juice

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG Cereal Milk 100% Juice	WG Cereal Milk 100% Juice	WG Cereal Milk 100% Juice	WG Cereal Milk 100% Juice	WG Cereal Milk 100% Juice
/AM Snack	1 oz Yogurt ½ Graham Cracker Whole or 1% Milk	½ Whole Grain English Muffin Peanut Butter Whole or 1% Milk	Apple slices String Cheese Whole or 1% Milk	Cheese Curls ½ Banana Whole or 1% Milk	2 oz Fruit Cup Cheese Cracker Whole or 1% Milk
Lunch	Whole Grain Pancake w/ syrup Pineapple Scrambled Eggs Whole or 1% Milk	Chicken Melt w/ cheese on Whole Grain Bun Fries Apple Sauce Whole or 1% Milk	Nachos w/cheese Refried Beans Lettuce/Tomatoes Whole or 1% Milk Youngers - tortilla shells	Golash With Tomatoes Peaches Bread & Butter Whole or 1% Milk	Beef and Noodles Green Beans Pears Whole or 1% Milk
PM Snack	Wheat Crackers 1 Dried Apricots 100% Juice	Cheese Crackers Apple slices 100% Juice	Animal Crackers ¼ C Raisins 100% Juice	Peach (fruit) Muffin 100% Juice	½ Graham Cracker Orange Wedge 100% Juice