

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free
FRUITS/VEGETABLES	Orange Slices	Banana Slices	Apples	Pear	Peaches
GRAINS/BREADS	WGR Kix	WGR Oatmeal	Pancake	WGR Cheerios	Toast
SNACK					
MILK					
FRUIT/VEGETABLES	Carrots	Celery Carrots	Banana	Pineapples	Cucumber Tomato
GRAINS/BREADS	WGR Pretzel	Wheat Thins		Graham Crackers	Chex mix
MEATS/ALTERNATES	Peanut butter		String Cheese		
BEVERAGE	Water	Water	Water	Water	Water
LUNCH					
MILK	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free
FRUIT	Pears	Red Apple	Orange	Melon	Banana
VEGETABLES	Carrots, Peas, Celery, Potato	Green Beans, Tomato paste, Onion	Fries, Spinach	Peas corn	Onion, Celery, Carrots, Tomato
GRAIN / BREADS	Noddle	*Rice	Bread	Tortillas	Bread
MEATS/ALTERNATES	*Chicken Soup**	Ground Beef**	Turkey Hot Dog	Shredded Chicken, Cheese	*Beef Chilli**
SNACK					
MILK					
FRUIT/VEGETABLE	Pineapple	Pear	Cucumber Carrots Celery	Applesauce	Banana
GRAINS/BREADS	Saltine Cracker	*Oatmeal Muffin**		WGR Pretzel	WGR Banana Bread
MEATS/ALTERNATES		Yogurt	Peanut butter		
BEVERAGE	Water	Water	Water	Water	Water

Many foods can be choking hazards for children under four years of age. Please be sure to cut steam or mash them as appropriate.

***HOMEMADE**

WGR – Whole Grain

****Recipe Included**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
MILK	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free
FRUITS/VEGETABLES	Banana	Orange	Strawberry	Apples	Banana
GRAINS/BREADS	WGR Kix	Toast Butter	WGR Cheerios	WGR Tostitos	Pancake
SNACK					
MILK			Whole%1Mik		
FRUIT/VEGETABLES		Banana		Wheat Thins	Apples
GRAINS/BREADS	WGR Pretzel		WGR Tostitos		Chex mix
MEATS/ALTERNATES	Peanut butter	Yogurt		String Cheese	
BEVERAGE	Water	Water	Water	Water	Water
LUNCH					
MILK	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free	Whole, 1% or Fat Free
FRUIT	Apple	Orange	Melon	Banana	Pear
VEGETABLES	Potato Onion, Tomato sauce	Onion Tomato paste Green Beans	Corn Green Beans	Potato Carrots	Peas, Celery Carrots , Potato Celery
GRAIN / BREADS	Tortilla	WGR *Brown Rice**	Bread	Tortillas	WGR Bread
MEATS/ALTERNATES	*Beef Samosa**	Beef	*Egg	Chicken Cheese	*Beefy Vegetable Soup**
SNACK					
MILK					
FRUIT/VEGETABLE	Celery Carrots		Apple Juice	Oranges	Zucchini Cucumber
GRAINS/BREADS		Saltine Cracker	WGR*Banana Muffin*	Fish Cracker	*Oat Meal Muffin**
MEATS/ALTERNATES	*Hummus**	Peanut butter			
BEVERAGE	Water	Water	Water	Water	Water

Many foods can be choking hazards for children under four years of age. Please be sure to cut steam or mash them as appropriate.

***HOMEMADE**

WGR – Whole Grain

****Recipe Included**