

	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	Apple Slices	Orange	Melon	Strawberry
GRAINS/BREADS	WGR Cheerios	Pancakes	French Toast	Corn Flakes	WGR Tosteos
SNACK					
MILK					
FRUIT/VEGETABLES	Carrots Tomato	Apple Sauce	Watermelon		Banana
GRAINS/BREADS	Rice Cakes	Saltine Cracker	WGR Pretzels	Graham Crackers	Fish Cracker
MEATS/ALTERNATES				Cheese Cube	
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	Grapes	Red Apple	Pear	Orange	Green Apple
VEGETABLES	Lettuce, Fries Tomato	Green Bell pepper, Tomato	Spinach, Tomato Prego sauce	Prego Sauce, Mushroom	Tomatoes, Lettuce, onion
GRAIN / BREADS	Bread	WGR *Brown Rice Pilaf**	WGR Spaghetti	WGR English Muffin	Tortilla Taco
MEATS/ALTERNATES	Turkey Breast	Chicken	Cheese	*Cheese Pizza	*Beef ** Cheese
SNACK					
MILK					Whole,%1
FRUIT/VEGETABLE	Pineapple	Tangerines	Cucumber Celery		
GRAINS/BREADS	Graham Cracker			WGR Crackers	WGR *Egg Muffin**
MEATS/ALTERNATES		Yogurt	Cheese Cubes	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	Berry	Banana	Apples	Pear	Banana
GRAINS/BREADS	WGR Tasteos	Toast Butter	WGR Cheerios	WGR Kix	WGR Oatmeal
SNACK					
MILK					
FRUIT/VEGETABLES		Zucchini, Carrots		Cucumber Tomato	Celery Apple
GRAINS/BREADS	Wheat Thins	Chex	Bread	Fish Cracker	
MEATS/ALTERNATES	Yogurt		Peanut butter		Peanut butter
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	Pineapple	Apple	Banana
VEGETABLES	Tomato Spinach Carrots	Green Bell pepper Carrots Tomato	Corn Peas Carrots	Celery Lettuce Tomato	Tomato Green bell paper
GRAIN / BREADS	Tortilla	WGR *Brown Rice Pilaf**	Bread	Macaroni	WGR *Brown Rice**
MEATS/ALTERNATES	Black Bean Cheese	Chicken Teriyaki	*Turkey CheeseMelt**	Cheese	RED Kidney Beans**
SNACK					
MILK		Whole, 1% or Fat Free	Whole, 1% or Fat Free		
FRUIT/VEGETABLE	Apple			Apple Juice	Banana
GRAINS/BREADS	Graham Cracker	Corn Bread	Rice Crispy	*Banana Bread** WGR	Cheezit
MEATS/ALTERNATES					
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**