

Week One

MONDAY

Breakfast

Milk
Cereal
(Oats or Corn)
Bananas

AM Snack

Pears
Vanilla Wafers

Lunch

Milk
Chicken Nuggets
Peas
Baked Apples
100% Wheat Bread

PM Snack

100% Apple Juice
Cheese Cracker
(Shapes)

TUESDAY

Breakfast

Milk
Mandarin Oranges
Pancakes

AM Snack

Apple Slices
Graham Crackers

Lunch

Milk
Ground Beef
Spaghetti Noodles
Corn
Peaches
100% Wheat Bread

PM Snack

100% Apple Juice
Ritz Crackers

WEDNESDAY

Breakfast

Milk
Oatmeal
Peaches

AM Snack

Fit & Active Yogurt
Vanilla Wafers

Lunch

Milk
Ground Beef
Baked French Fries
Baked Beans
Applesauce
100% Wheat Bread

PM Snack

Pears
Cheese Nips

THURSDAY

Breakfast

Milk
French Toast
Pears

AM Snack

100% Apple Juice
Animal Crackers

Lunch

Milk
Fish
Macaroni Noodles
Green Beans
Pineapples
100% Wheat Bread

PM Snack

Oranges
Graham Crackers

FRIDAY

Breakfast

Milk
Cereal
(Oats or Corn)
Bananas

AM Snack

Peaches
Ritz Crackers

Lunch

Milk
Grilled Cheese
Turkey
Carrot Sticks
Oranges
100% Wheat Bread

PM Snack

Blueberry Muffin
Applesauce

Week Two

MONDAY

Breakfast

Milk
Cereal
(Oats or Corn)
Bananas

AM Snack

Pears
Vanilla Wafers

Lunch

Milk
Baked Chicken
Rice
Peas
Pineapples
100% Wheat Bread

PM Snack

Oranges
Animal Crackers

TUESDAY

Breakfast

Milk
Mandarin Oranges
Pancakes

AM Snack

Peaches
Graham Crackers

Lunch

Milk
Steak
Mashed Potatoes
Carrots
Peaches
100% Wheat Bread

PM Snack

100% Apple Juice
Cheese

WEDNESDAY

Breakfast

Milk
Oatmeal
Peaches

AM Snack

Apple Slices
Cheese Nips

Lunch

Milk
Chicken Patty
Broccoli
Cheese Slice
Pears
100% Wheat Bun

PM Snack

Bananas
Vanilla Wafers

THURSDAY

Breakfast

Milk
French Toast
Pears

AM Snack

Fit & Active Yogurt
Animal Crackers

Lunch

Milk
Pepperoni Pizza
(w/ added cheese/
pepperoni)
Green Beans
Baked French Fries
Applesauce

PM Snack

100% Apple Juice
Graham Crackers

FRIDAY

Breakfast

Milk
Cereal
(Oats or Corn)
Bananas

AM Snack

Peaches
Ritz Crackers

Lunch

Milk
Tortilla
(Whole Grain)
Cheese/Turkey
Corn
Celery Sticks
Oranges

PM Snack

Pears
Cheese Crackers