

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Cheerios 1-5yr 1/2cup, 6-12yr 1cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Juice 1-2yr 1/4cup, 3-12yr 1/2cup	Toast w/Jelly 1-5 yr 1/2 slice 6-12yr 1 whole slice Banana 1-2yr 1/2, 3-12yr 1 whole Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Kix 1-5yr 3/4 cup, 6-12yr 1 1/4cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Juice 1-2yr 1/4cup, 3-12yr 1/2cup	French Toast 1-5 yr 1/2 slice 6-12yr 1 whole slice Mixed Berries 1-2yr-1/4 cup, 3-12yr- 1/2 cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Life Cereal 1-5yr 1/2cup, 6-12yr 1cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Juice 1-2yr 1/4cup, 3-12yr 1/2cup
AM Snack				
Milk 1-5yr-1/2cup, 6-12yr 1cup Animal Crackers 1-5yr 8 crackers, 6-12yr 16 crackers	Wheat thins 1-5yr 6 crackers, 6-12yr 12 crackers Raisins 1-5yr 1/4 cup 6-12yr 1/2 cup Water	Mandarin Oranges 1-5yr 1/2 cup, 6-12yr 3/4 cup Cottage cheese 1-5yr 1/8cup, 6-12yr 1/4c Water	Juice 1-5yr-1/2cup, 6-12yr 3/4cup Seasoned Oyster Crackers 1-5yr 1/4c, 6-12yr 1/2c	Graham Cracker 1-5yr 1 sheet, 6-12yr 2 sheets Yogurt 1-5yr 1/4 cup,6-12yr 1/2 cup Water
Lunch				
GV Chicken Nuggets 1-2yr 4nuggets, 3-5yr 6nuggets 6-12yr 8nuggets Green Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Goulash 1-5yr 1/2cup, 6-12yr 3/4 cup Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Mac and Cheese 1-5yr 1/2cup, 6-12yr 3/4 cup Baked Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Tacos 1-2yr half shell 1oz meat 1tbsp cheese 3-5yr half shell 1.5oz meat 1tbsp cheese 6-12yr whole shell 2oz meat 1tbsp cheese Peas 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Turkey & Cheese Sandwich 1-2yr 1/2 bread 1/2 slice meat-1slice cheese=1oz 3-5yr 1/2 bread-1slice meat-1 slice cheese=1.5oz 6-12yr 1 bread-1 slice meat- 2-slices cheese=2oz Cooked Carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Tropical Fruit 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Pretzel Sticks 1-5yr 13 sticks=1/4cup, 6-12yr 26 sticks=1/2cup String Cheese 1-5yr 1/2 stick, 6-12yr 1 stick Water	Biscuit w/cinnamon&sugar 1-5yr 1/4 biscuit , 6-12yr 1/2 biscuit Juice 1-5yr 1/2 cup, 6-12yr 3/4 cup	Ham slices 1-5yr 1/2 slice=1/2oz, 6-12yr 1slice=1oz Club Crackers 1-5yr 4 crackers, 6-12yr 8 crackers Water	Goldfish 1-5yr 1/4 cup, 6-12yr 1/2 cup Juice 1-5yr 1/2cup, 6-12yr 3/4cup	Buttery Round Crackers 1-5yr 4 crackers 6-12yr 8 crackers Sliced Cheese 1-5yr 1 slice=1/2oz, 6-12yr 2 slices=1oz Water