Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Life Cereal* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup	Crispix 1-5yr 1/2cup, 6-12yr 1cup Grape Juice 1-2yr 1/4cup, 3-12yr 1/2cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Frosted Mini Wheats* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	Special K* 1-5yr 1/2cup, 6-12yr 1cup Apple Juice 1-2yr 1/4cup, 3-12yr 1/2cup Milk-VitD/Skim 1-2yr-1/4cup,3-5yr 3/4 cup 6-12yr 1cup	Multi grain Cheerios* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup
Lunch				
Sloppy Joes 1-2yr 1/2bun 1oz meat, 3-5yr 1/2bun 1.5oz meat 6-12yr 1bun 2oz meat Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Mac & Cheese 1-5yr 1/2cup, 6-12yr 3/4 cup All Beef Hot Dog 1-2yr 1/2 hot dog, 3-5yr 1 hot dog, 6-12yr 1 hot dog Diced carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Tropical Friut 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Tator Tot Casserole 1-5yr 1/2cup, 6-12yr 3/4 cup 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-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup Bread and Butter 1-5yr 1/2 slice, 6-12yr 1 whole slice	Turkey & Cheese Sandwich w/ WW bread* 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 Peas 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Beef and Noodles 1-5yr 1/2cup, 6-12yr 3/4 cup Mixed Veggies 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pineapple 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Wheat thins* 1-5yr 6 crackers, 6-12yr 12crackers Raisins 1-5yr 1/4 cup, 6-12yr 1/2 cup Water	Goldfish Crackers* 1-5yr 1/4 cup, 6-12yr 1/2 cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup	Yogurt 1-5yr 1/4 cup, 6-12yr 1/2cup Graham Cracker* 1-5yr 1 sheet, 6-12yr 2 sheets Water	Teddy Grahams* 1-5yr 1/4 cup, 6-12yr 1/2 cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Club Crackers 1-5yr 4 crackers 6-12yr 8 crackers String Cheese 1-5yr 1/2 stick, 6-12yr 1 whole stick Water

* 2 years and under, Wheat thins, break up into pieces

*if HONEY, not under 12 months.

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* denotes whole wheat