

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
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 1/2cup	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	Kix* 1-5yr 3/4cup, 6-12yr 1 1/4cups 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	Special K* 1-5yr 1/2cup, 6-12yr 1cup Apple Juice 1-2yr 1/4cup, 3-12yr 1/2cup VitD/Skim 1-2yr 1/2cup, 3-5yr 1/2cup, 6-12yr 1cup	Life Cereal* 1-5yr 1/2cup, 6-12yr 1cup VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4 cup, 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup
Lunch				
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-VitD/Skim 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 Mandarin Oranges 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Tuna & Noodle Casserole 1-5yr 1/2cup, 6-12yr 3/4 cup Cooked Carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peachs 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 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-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Pulled Pork on a bun 1-2yr 1/2bun 1oz meat 3-5yr 1/2bun 1.5oz meat 6-12yr 1bun 2oz meat 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				
Milk-VitD/Skim 1-5yr-1/2cup, 6-12yr 1cup Animal Crackers* 1-5yr 8 crackers, 6-12yr 16 crackers	GV WG Saltines* 1-5yr-4 crackers, 6-12yr 8 crackers Sliced Cheese 1-5yr 1 slice=1/2oz, 6-12yr 2 slices=1oz	Graham Cracker 1-5yr 1 sheet, 6-12yr 2 sheets Yogurt 1-5yr 1/4 cup, 1/2 cup Water	Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Goldfish Crackers* 1-5yr 1/4c, 6-12yr 1/2c	Great Value WW* Butter Round Crackers 1-5yr 4 crackers 6-12yr 8 crackers Ham Slices 1-5yr 1/2oz, 6-12yr 1oz Water

Not under 12 months.

* denotes whole wheat