

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Corn Flakes* 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	English Muffin* 1-5yr 1/2 muffin, 6-12yr 1 whole muffin Sausage Patty/Cheese 1-5yr 1/2 patty, 1 cheese slice, 12yr 1 patty, 2 cheese slices Banana Slices 1-5yr 1 whole, 3-12yr 1.5 bananas 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	Toast w/jelly 1-5yr 1/2 waffle, 6-12yr 1 whole waffle Strawberries 1-2yr 1/4 cup, 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
AM Snack				
Wheat thins 1-5yr 9 crackers, 6-12yr 17 crackers Raisins 1-5yr 1/4 cup, 6-12yr 1/2 cup Water	Bagel w/Cream Cheese 1-5yr 1/2 bagel, 6-12yr whole bagel Milk-VitD/Skim 1-5yr 1/2cup, 6-12yr 1cup	Frozen Mixed Berries 1-5yr 1/2c, 6-12yr 3/4c Rice cakes 1-5yr 6 mins or 2 large 12yr 12 mins or 3 large Water	Chex Mix* 1-5yr 1/2cup, 6-12yr 1cup Apple Punch 1-5yr 1/2 cup, 6-12yr 1 cup Water	Breadstick W/ Pizza Sauce 1-5yr 1/2 stick, 6-12yr 1 stick String Cheese 1-5yr 1/2 stick, 6-12yr 1 whole stick Water
Lunch				
Sloppy Joes 1-2yr 1/2bun 1oz meal, 3-5yr 1/2bun 1.5oz meal 6-12yr 1bun 2oz meal Com 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 Turkey Hot Dog 1-2yr 1/2 hotdog, 3-5yr 1 1/2 hot dogs 6-12yr 2 hotdogs Com 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	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 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Turkey & Cheese Sandwich w/ WW bread* 1-2yr 1/2bun 1oz meat/cheese 3-5yr 1/2bun 1.5oz meat/cheese 6-12yr 1bun 2oz meat/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	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				
Cheese It's 1-5yr 1/4c, 6-12yr 1/2c Cottage Cheese 1-5yr 1/8 cup, 6-12yr 1/4 cup Water	Goldfish Crackers 1-5yr 1/4 cup, 6-12yr 1/2 cup 100% Grape Juice 1-5yr 1/2cup, 6-12yr 1cup	Yogurt 1-5yr 1/4 cup, 6-12yr 1/2cup Graham Cracker 1-5yr 1 sheet, 6-12yr 2 sheets Water	Corn Muffin 1-12yr 1-2d slice if made on sheet pan or one muffin VitD/Skim Milk 1-2yr 1/2cup, 3-5yr 1/2cup, 6-12yr 1cup	WW Bread 1-5yr 1/2 slice, 6-12yr 1 slice Sliced Cheese 1-5yr 1 slice, 6-12yr 2 slices Water

* denotes whole wheat