

# Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
<b>Cheerios*</b> 1-5yr 1/2cup, 6-12yr 1cup <b>Milk-VitD/Skim</b> 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup <b>Orange Juice</b> 1-2yr 1/4cup, 3-12yr 1/2cup	<b>Pancakes</b> 1-5yr 1/2, 6-12yr 1 whole <b>Banana</b> 1-2yr 1/2, 3-12yr 1 whole <b>Milk-VitD/Skim</b> 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup	<b>Kix*</b> 1-5yr 1/2cup, 6-12yr 1cup <b>Milk-VitD/Skim</b> 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup <b>Orange Juice</b> 1-2yr 1/4cup, 3-12yr 1/2cup	<b>Oatmeal*</b> 1-5yr 1/4cup, 6-12yr 1/2cup <b>Apple slices</b> 1-2yr-2 slices, 3-12yr-4 slices <b>Milk-VitD/Skim</b> 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup	<b>Life Cereal*</b> 1-5yr 1/2cup, 6-12yr 1cup <b>Milk-VitD/Skim</b> 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup <b>Orange Juice</b> 1-2yr 1/4cup, 3-12yr 1/2cup
<b>AM Snack</b>				
<b>Great Value WW Crackers*</b> 1-5yr 4 crackers, 6-12yr 7 crackers <b>Tuna Salad</b> 1-5yr 1/8 cup 6-12yr 1/8 cup <b>Water</b>	<b>Milk-VitD/Skim</b> 1-5yr-1/2cup, 6-12yr 1cup <b>Animal Crackers</b> 1-5yr 1/4c, 6-12yr 1/2c	<b>Mandarin Oranges</b> 1-5yr 1/2 cup, 6-12yr 3/4 cup <b>Cottage cheese</b> 1-5yr 1/8cup, 6-12yr 1/4c <b>Water</b>	<b>Apple Juice</b> 1-5yr-1/2cup, 6-12yr 1cup <b>Seasoned Oyster Crackers</b> 1-5yr 1/4c, 6-12yr 1/2c	<b>Graham Cracker</b> 1-5yr 1 sheet, 6-12yr 2 sheets <b>Yogurt</b> 1-5yr 1/4 cup, 6-12yr 1/2 cup <b>Water</b>
<b>Lunch</b>				
<b>Chicken Nuggets</b> 1-2yr 3nugglets, 3-5yr 5nugglets <b>Green Beans</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Applesauce</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>Goulash</b> 1-5yr 1/2cup, 6-12yr 3/4 cup <b>Corn</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Peaches</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>Tuna &amp; Noodle Casserole</b> 1-5yr 1/2cup, 6-12yr 3/4 cup <b>Cooked Carrots</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Tropical Fruit</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>Tacos</b> 1-2yr half shell 1oz meat 3-5yr half shell 1.5oz meat 6-12yr whole shell 2oz meat <b>Peas</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Pears</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>Pulled Pork on a bun</b> 1-2yr 1/2bun 1oz meat 3-5yr 1/2bun 1.5oz meat 6-12yr 1bun 2oz meat <b>Mixed Veggies</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Pineapple</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
<b>PM Snack</b>				
<b>Pretzel Sticks</b> 1-5yr 13 sticks, 6-12yr 26 sticks <b>String Cheese</b> 1-5yr 1/2 stick, 6-12yr 1 stick <b>Water</b>	<b>Biscuit w/cinnamon&amp;sugar</b> 1-5yr 1/2 biscuit, 6-12yr 1 biscuit <b>Apple Punch Juice</b> 1-5yr 1/2 cup, 6-12yr 1 cup <b>Water</b>	<b>Ham slices</b> 1-5yr 1/2oz, 6-12yr 1oz <b>Club Crackers</b> 1-5yr 4 crackers, 6-12yr 7 crackers <b>Water</b>	<b>Banana Bread</b> 1-12yr 1-2x2 slice if made on sheet pan <b>VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 1/2cup, 6-12yr 1cup	<b>Great Value WW Crackers*</b> 1-5yr 4 crackers <b>Sliced Cheese</b> 1-5yr 1 slice, 6-12yr 2 slices <b>Water</b>

\* denotes whole wheat