

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
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	Pancakes with syrup 1-5 yr 1/2 pancake, 6-12yr 1 pancake Banana 1-5yr 1/2 banana, 3-12yr 1 banana Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	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 with Jelly 1-5yr 1/2 slice, 6-12yr 1 whole slice Strawberries 1-2yr 1/4 cup, 3-12yr 1/2cup Milk 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Frosted Mini Wheats 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				
Wheat thins 1-5yr 6 crackers, 6-12yr 12 crackers Raisins 1-5yr 1/4 cup, 6-12yr 1/2 cup Water	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	Pretzel Sticks 1-5yr 13 sticks=1/4cup, 6-12yr 26 sticks=1/2cup String Cheese 1-5yr 1/2 stick, 6-12yr Water	Trail Mix 1-5yr 1/2cup, 6-12yr 1cup Juice 1-5yr 1/2 cup, 6-12yr 3/4cup Water	Vanilla Wafers 1-5yr 6 wafers, 6-12yr 12 wafers pudding 1-5yr 1/4 cup,6-12yr 1/2 cup Water
Lunch				
French Toast with syrup With syrup 1-5yr 1/2 slice, 6-12yr 1whole Sausage Links 1-5yr 1 link, 6-12yr 2 links Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Spaghetti w/meatsauce 1-5yr 1/2cup, 6-12yr 3/4 cup 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	Ham & 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	BBQ Pulled Chicken on Bun 1-2yr 1/2bun 1 oz meat 3-5yr 1/2bun 1.5oz meat 6-12yr 1 bun 2 oz meat Corn 1-2yr 1/8 cup, 3-5yr 1/4 cup 6-12yr 1/2 cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Hot dog on a bun 1-5yr 1 hot dog, 6-12yr 1 and a 1/2 hot dog 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
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 Juice 1-5yr 1/2cup, 6-12yr 3/4cup	Yogurt 1-5yr 1/4 cup, 6-12yr 1/2cup Graham Cracker 1-5yr 1 sheet, 6-12yr 2 sheets Water	Blueberry Muffin 1-12yr 1-2x2 slice if made on sheet pan or 1 muffin 1/2 slice if made in loaf Milk 1-2yr 1/2cup, 3-5yr 1/2cup, 6-12yr 1cup	Turkey Slices 1-5yr 1/2 slice=1/2oz, 6-12yr 1slice=1oz Crackers 1-5yr 4 crackers, 6-12yr 8 crackers Water