

Week 4

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 1/2 cup	Toast w/Jelly 1-5 yr 1/2 slice 6-12yr 1 whole slice Banana 1-2yr 1/2 banana, 3-12yr 1 whole banana 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 1/2 cup	French Toast 1-5 yr 1/2 slice 6-12yr 1 whole slice Strawberries 1-2yr 1/4 cup, 3-12yr 1/2cup Milk 1-2yr-1/4cup,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 1/2 cup
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 Rounds 1-5yr 4 crackers, 6-12yr 8 crackers Sliced Cheese 1-5yr 1 slice=1/2oz, 6-12yr 2 slices=1oz Water	Frozen Mixed Berries 1-5yr 1/2c, 6-12yrs 3/4c Waffles 1-5yr half waffle 6-12yr 1 whol waffle Water	Trail Mix 1-5yr 1/2cup, 6-12yr 1cup Juice 1-5yr 1/2 cup, 6-12yr 3/4 cup Water	Vanilla Wafers 1-5yr 6 wafers, 6-12yr 12 wafers pudding 1-5yr 1/4 cup,6-12yr 1/2 cup Water
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 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Mac & Cheese 1-5yr 1/2cup, 6-12yr 3/4 cup 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 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 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Turkey & 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 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	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 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Cheese it's 1-5yr 1/4c, 6-12yr 1/3c 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	Pretzel Sticks 1-5yr 13 sticks=1/4cup, 6-12yr 26 sticks=1/2cup String Cheese 1-5yr 1/2 stick, 6-12yr 1 stick Water	Buttery round crackers 1-5 years 4 crackers 6-12 years 8 crackers Turkey Slices 1-5yr 1/2 slice=1/2oz, 6-12yr 1 slice=1oz Water