

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Life Cereal* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	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	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 1/2cup	Special K* 1-5yr 1/2cup, 6-12yr 1cup Apple Juice 1-2yr 1/4cup, 3-12yr 1/2cup 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 1/2cup
Lunch				
Pizza Burgers on Bun 1-2yr 1/2bun 1oz meat/1tbsp cheese 3-5yr 1/2bun 1.5oz meat/1tbsp cheese 6-12yr 1bun 2oz meat/1 tbsp cheese 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	Spaghetti w/meatsauce 1-5yr 1/2cup, 6-12yr 3/4 cup Corn 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	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 Cooked Carrots 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	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 Peas 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-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Ham & Cheese Sandwich w/ WW bread* 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 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				
Wheat thins* 1-5yr 6 crackers, 6-12yr 12 crackers Raisins 1-5yr 1/4 cup, 6-12yr 1/2 cup Water	Goldfish Crackers* 1-5yr 1/4 cup, 6-12yr 1/2 cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup	Yogurt 1-5yr 1/4 cup, 6-12yr 1/2cup Graham Cracker* 1-5yr 1 sheet, 6-12yr 2 sheets Water	Teddy Grahams* 1-5yr 1/4 cup, 6-12yr 1/2 cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Club Crackers 1-5yr 4 crackers 6-12yr 8 crackers String Cheese# 1-5yr 1/2 stick, 6-12yr 1 whole stick Water
* 2 years and under, Wheat thins, break up into pieces		*if HONEY, not under 12 months.		# 2 years and under, sliced LONG Ways!

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* denotes whole wheat