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| **WEEK #1**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST** | Cereal | Cereal | Cereal | Cereal | Cereal |

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| **AM SNACK** | Bread &  Sun Butter | Carrot Sticks and Hummus | Cheese Its | Animal Crackers | Pretzels |

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| **LUNCH** | **Pasta & Sauce**  Vegetable  Fruit  MIlk | **Taco’s**  Vegetable  Fruit  Milk | **Cheese Pizza**  Vegetable  Fruit  Milk | **Chicken Teriyaki**  **Rice**  Vegetable  Fruit  Milk | **Fish Sticks**  Fresh Garden Salad Mix  Vegetable  Fruit  Milk |

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| **PM SNACK** | Vanilla Yogurt  Bananas | Crunchy Snack Mix | Graham Crackers | Cucumber Slices and Italian Dressing | Cheese & Crackers |

FUN NUTRITION FACTS: Whole Grains are a source of key nutrients like B vitamins (thiamin, riboflavin, niacin) and minerals (iron, magnesium), and fiber!

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| **WEEK #2**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST** | Cereal | Cereal | Cereal | Cereal | Cereal |

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| **AM SNACK** | Vanilla Yogurt  & Granola | Animal Crackers | Bananas | Squirrel Crackers | Cheese-itz’s |

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| **Lunch** | **Chicken & Rice**  Vegetable  Fruit  Milk | **French Toast with Syrup**  Vegetable  Fruit  Milk | **Turkey and Cheese** Sandwiches  Vegetable  Fruit  Milk | **Mac N Cheese**  Vegetable  Fruit  Milk | **Sweet and Sour Chicken**  Mashed Potatoes  Vegetable  Fruit  Milk |

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| **PM SNACK** | Cereal Mix | Carrots and Hummus | Crackers | Pretzels | Fresh Sliced Apples |

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FUN NUTRITION FACTS: Consuming dairy products has been linked to improved bone health for children. Intake of low fat dairy products is associated with reduced risk of heart disease and type II diabetes in adults

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| **WEEK #3**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST** | Cereal | Cereal | Cereal | Cereal | Cereal |

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| **AM SNACK** | Animal Crackers | Bananas | Cereal Mix | Pretzels | Cheese & Crackers |

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| **Lunch** | **Baked Cheese Penne**  Vegetable  Fruit  Milk | **Teriyaki Beef Sliders**  Vegetable  Fruits  Milk | **Hamburger Sliders**  **Potato Wedges**  Vegetable  Fruit  Milk | **Taco Mac & Cheese**  Chicken  Vegetable  Fruit  Milk | **Pizza**  Vegetable  Fruit  Milk |

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| **PM SNACK** | Yogurt & Granola | Wheat Thins & Cheese | Crackers & Sunflower Butter | Squirrel Crackers | Graham Crackers |

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FUN NUTRITION FACTS: Vitamin A keeps eyes and skin healthy and helps to protect against infections. Vitamin C helps heal cuts and wounds, keeps teeth and gums healthy, and aids in iron absorption.

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| **WEEK #4**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST** | Cereal | Cereal | Cereal | Cereal | Cereal |

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| **AM SNACK** | Bread with Sunflower Butter | Celery with Sunflower Butter | Yogurt with Granola | Town House Cracker with Cheese | Wheat Thins with Cream Cheese |

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| **Lunch** | **Turkey Sausage with Cheese**  English Muffin  Potato Wedges  Fruit  Milk | **Chicken Salad**  Vegetable  Fruit  Milk | **Cracker Stackers** (Turkey & Cheese)  Vegetable  Fruit  Milk | **Hamburger Sliders**  **Potato Wedges**  Vegetable  Fruit  Milk | **Pasta with Meatballs**  Vegetable  Fruit  Milk |

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| **PM SNACK** | Pretzels | Animal Crackers | Bananas | Cucumber Slices with Italian Dressing | Carrots and Hummus |

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| Special for ages 1 & 2  FUN NUTRITION FACTS: Most fruits are naturally low in fat, sodium, and calories. None have cholesterol. Fruits contain many essential nutrients like vitamin C, potassium, and folate.  **~CN Label on file▪Mfr. Product Analysis Statement on file** |  |  |  | Chex Cereal | Fully Cooked Diced Vegetables  **Vitamin C+ source**  **Vitamin A\* source**  **Whole Grain (WG)**  **reserved.** |

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**Water is available to children throughout the day and at all meals and snacks. If no beverage is specified the beverage offered will be water.  
Children (age 12-24 months) are served whole milk. After 24 months, all children are served 1% milk.**

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FUN NUTRITION FACTS: Proteins function as building blocks for bones, muscles, cartilage, skin, and blood. They are also building blocks for enzymes, hormones, and vitamins. Proteins are one of three nutrients that provide calories (the others are fat and carbohydrates).

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