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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**VegetableFruitMIlk | **Taco’s**VegetableFruitMilk | **Cheese Pizza** VegetableFruitMilk | **Chicken Teriyaki****Rice** VegetableFruitMilk | **Fish Sticks**Fresh Garden Salad MixVegetableFruitMilk |

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| **PM SNACK** | Vanilla YogurtBananas | 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**VegetableFruitMilk | **French Toast with Syrup**VegetableFruitMilk | **Turkey and Cheese** SandwichesVegetableFruitMilk | **Mac N Cheese**VegetableFruitMilk | **Sweet and Sour Chicken**Mashed PotatoesVegetableFruitMilk |

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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**VegetableFruitMilk | **Teriyaki Beef Sliders**VegetableFruitsMilk | **Hamburger Sliders****Potato Wedges**VegetableFruitMilk | **Taco Mac & Cheese**ChickenVegetableFruitMilk | **Pizza**VegetableFruitMilk |

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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 MuffinPotato WedgesFruitMilk | **Chicken Salad**VegetableFruitMilk | **Cracker Stackers** (Turkey & Cheese)VegetableFruitMilk | **Hamburger Sliders****Potato Wedges**VegetableFruitMilk | **Pasta with Meatballs**VegetableFruitMilk |

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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 & 2FUN 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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