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| **WEEK #1**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST**  **Grain, Fruit/Vegetable, Milk** | WG Toasty O’s Cereal  Fresh Sliced Oranges+  1% Low Fat Milk | English Muffin  Diced Pears  1% Low Fat Milk | WG French Toast Sticks  Fruit Cocktail+\*  1% Low Fat Milk | Crispy Rice Cereal  Fresh Sliced Bananas+  1% Low Fat Milk | WG Bagel  Applesauce+  1% Low Fat Milk |
| Special for ages 1 & 2 |  |  | Fruit Cocktail+\* (no grapes) |  |  |

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| **LUNCH**  **Meat/Meat alt, Grain, Fruit, Vegetable, Milk** |  | **Bean & Cheese Burrito** | **Chicken Bowl** | **Cheese Pizza** | **Fish Sticks** |
| Ravioli  Pasta sauce  Green beans  Mixed Berries  1% Low Fat Milk | Refried Beans & Cheese Flour Tortilla  Corn  Fruit Cocktail+\*  1% Low Fat Milk Cheese | Diced Chicken  WG Rice  Mixed Vegetables+\*  Diced Peaches\*  1% Low Fat Milk | Cheese Pizza  on WG Crust**~**  Salad  Diced Pineapple  1% Low Fat Milk | Fish Sticks**~**  Broccoli  Diced Strawberries  1% Low Fat Milk |
| Special for ages 1 & 2 | Fruit Cocktail+\* (no grapes) | Diced Mixed Berries+ | Fully Cooked Diced Vegetables | Fully Cooked Diced Vegetables | Fully Cooked Diced Vegetables |

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| **PM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Vanilla Yogurt  Granola  water | Crunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)*  Water | Graham Crackers  Cream cheese  1% Low Fat Milk | Low Fat Cottage Cheese  crackers  Water | Cucumbers  Crackers  Ranch Dressing  Water |
| Special for ages 1 & 2 |  | Chex Cereal |  |  | **Vitamin C+ source**  **Vitamin A\* source**  **Whole Grain (WG)**  **reserved.** |

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**  **Grain, Fruit/Vegetable, Milk** | Cornflakes Cereal  Diced Pears  1% Low Fat Milk | WG Biscuit  Fresh Sliced Bananas+  1% Low Fat Milk | WG Pancakes  Mixed Berries+  1% Low Fat Milk | WG Bagels  Cream cheese  Oranges+  1% Low Fat Milk | Chex Cereal  Fresh Sliced Bananas+  1% Low Fat Milk |
| Special for ages 1 & 2 |  |  | Diced Mixed Berries+ |  |  |

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| **LUNCH**  **Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Mac ‘N Cheese** | **Chicken Taco** | **Mini Cheeseburger Slider** | **Chicken & Rice Casserole, HM** | **Vegetarian Bean Chili, HM** |
| WG Mac ‘N Cheese**▪**  Green Peas+  Diced Pears  1% Low Fat Milk | Diced Chicken & Cheese  Tortilla  Corn, Sour Cream  Pineapple  1% Low Fat Milk | Beef Patty**▪** & Cheese  WG Bun  Roasted Potato Wedges+  Diced Peaches  1% Low Fat Milk | Diced Chicken  WG Rice  Cream of chicken soup  Mixed Vegetables+\*  Pineapple  1% Low Fat Milk | Pizza  Salad  Ranch/Italian Dressing Applesauce  *1% Low Fat Milk* |
| Special for ages 1 & 2 |  |  |  | Fully Cooked Diced Vegetables |  |

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| **PM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Homemade Cereal Mix *(WG Toasty O’s, Kix, Chex)*  1% Low Fat Milk | Pretzels  Hummus | Cinnamon Applesauce+  Graham Crackers | Low Fat Cottage Cheese  Diced Pears  Crackers | Vanilla Wafers  Sun Butter |
| Special for ages 1 & 2 |  |  |  |  | **Vitamin C+ source**  **Vitamin A\* source**  **Whole Grain (WG)**  **reserved.** |

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**  **Grain, Fruit/Vegetable, Milk** | WG Biscuit  Diced Peaches  1% Low Fat Milk | Cornflakes Cereal  Blueberries+  1% Low Fat Milk | WG Bagel  Diced Strawberries+  1% Low Fat Milk | WG French Toast Sticks  Oranges  1% Low Fat Milk | Chex Cereal  Fresh Sliced Bananas+  1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  | Diced Apricots+ |  |

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| **LUNCH**  **Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Chicken & Pasta Casserole, HM** | **Pizza** | **Bean & Cheese Burrito** | **Hot Turkey Sandwich** | **Chicken & Rice** |
| Diced Chicken  WG Pasta  Pasta sauce  mozzarella  Steamed Green Beans+  Diced Pears  1% Low Fat Milk | Cheese Pizza on  WG Crust**~**  Broccoli  Diced Pineapple+  1% Low Fat Milk | Refried & Cheese  Flour Tortilla  Sour cream  Corn  Blueberries+  1% Low Fat Milk | Sliced Turkey**▪**  Mashed Potatoes+  Bread  Turkey Gravy  Diced Fruit Cocktail  1% Low Fat Milk | Diced Chicken  WG Rice  Peas and carrots  Diced Pears  1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  |  |  |

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| **PM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Vanilla Wafers  1% Low Fat Milk | Yogurt  Graham Crackers  water | Cottage Cheese  Crackers  Water | Celery Sticks  Sun Butter/ Cream Cheese | Graham Crackers  Jelly  Water |
| Special for ages 1 & 2 |  |  | Sliced Cheese |  | **Vitamin C+ source**  **Vitamin A\* source**  **Whole Grain (WG)**  **reserved.** |

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**  **Grain, Fruit/Vegetable, Milk** | Crispy Rice Cereal  Diced Pears  1% Low Fat Milk | WG Bagels  Cream Cheese  Blueberries+  1% Low Fat Milk | WG Pancakes  Fresh Sliced Oranges+  1% Low Fat Milk | WG Biscuit  Fruit Cocktail+\*  1% Low Fat Milk | WG Toasty O’s Cereal  Diced Mango\*  1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  | Fruit Cocktail+\* (no grapes) |  |

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| **LUNCH**  **Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Ravioli** | **Beef Sliders** | **Mac ‘N Cheese** | **Tuna Salad Wrap** | **Cracker Stackers** |
| Cheese Ravioli  Pasta sauce  Steamed Broccoli+\*  Fruit Cocktail+\*  1% Low Fat Milk | Beef Patty**▪** & Cheese  WG Bun  Mixed Vegetables+\*  Diced Pineapple+  1% Low Fat Milk | WG Macaroni ‘N Cheese**▪**  Steamed Broccoli  Diced Strawberries+  1% Low Fat Milk | Tuna  Flour Tortilla  Sliced cheese  Salad  Ranch/Italian Dressing  Blueberries+  1% Low Fat Milk | Sliced Turkey**▪**  Sliced Cheese  Crackers  Green Beans  Mixed Berries+  1% Low Fat Milk |
| Special for ages 1 & 2 | Fruit Cocktail+\* (no grapes) | Fully Cooked Diced Vegetables |  |  | Diced Mixed Berries+ |

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| **PM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Granola+  Strawberry Yogurt  Water | Hummus  WG Crackers  Water | WG Animal Crackers  Sun Butter  1% Low Fat Milk | WG Skeeter Graham Crackers  1% Low Fat Milk | Cucumbers  Ranch Dressing  Crackers  Water |
| Special for ages 1 & 2 | Cheerios |  |  |  | **Vitamin C+ source**  **Vitamin A\* source**  **Whole Grain (WG)**  **reserved.** |

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.

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| **WEEK #5**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST**  **Grain, Fruit/Vegetable, Milk** | Kix Cereal  Fresh Sliced Bananas+  1% Low Fat Milk | WG Bagel  Diced Peaches  1% Low Fat Milk | English Muffin  Blueberries+  1% Low Fat Milk | WG French Toast Sticks  Fresh Sliced Bananas+  1% Low Fat Milk | Chex Cereal  Mixed Berries+  1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  |  | Diced Mixed Berries+ |

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| **LUNCH**  **Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Chicken & Rice** | **Turkey Breakfast Sandwich** | **Mini Beef Sliders** | **Cracker Stackers** | **Tuna Wrap** |
| Diced Chicken  WG Rice  Cream of chicken soup  carrots  Mixed Berries+  1% Low Fat Milk | Turkey Sausage, Egg & Cheese  English Muffin  Roasted Potato Wedges+  Diced Peaches\*  1% Low Fat Milk | Beef Patty& Cheese  WG Bun  Peas & Carrots+\*  Diced Pears  1% Low Fat Milk | Sliced Turkey**▪** & Cheese Townhouse Crackers  Green Beans  Apple Sauce  1% Low Fat Milk | Tuna & Cheese  Flour Tortilla  Salad  Diced Pineapple+  1% Low Fat Milk |
| Special for ages 1 & 2 | Diced Mixed Berries |  |  | Fully Cooked Diced Vegetables |  |

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| **PM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Strawberry Yogurt  WG Graham Crackers  water | Animal Crackers  1% Low Fat Milk | Homemade Cereal Mix (WG Toasty O’s, Kix, Chex)  1% Low Fat Milk | Ranch Dressing  Cucumbers  water | Hummus  Cheezits  water |
| Special for ages 1 & 2 |  |  |  |  | Fully Cooked Diced Vegetables  **Vitamin C+ source**  **Vitamin A\* source**  **Whole Grain (WG)**  **reserved.** |

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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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