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| **WEEK #1****Date** | **MONDAY****\_\_\_** | **TUESDAY****\_\_\_** | **WEDNESDAY****\_\_\_** | **THURSDAY****\_\_\_** | **FRIDAY****\_\_\_** |
| **BREAKFAST****Grain, Fruit/Vegetable, Milk** | WG Toasty O’s CerealFresh Sliced Oranges+1% Low Fat Milk | English Muffin Diced Pears1% Low Fat Milk | WG French Toast SticksFruit Cocktail+\*1% Low Fat Milk | Crispy Rice CerealFresh 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** |
| RavioliPasta sauceGreen beansMixed Berries1% Low Fat Milk | Refried Beans & Cheese Flour TortillaCornFruit Cocktail+\*1% Low Fat Milk Cheese | Diced ChickenWG RiceMixed Vegetables+\*Diced Peaches\*1% Low Fat Milk | Cheese Pizza on WG Crust**~**SaladDiced Pineapple1% Low Fat Milk | Fish Sticks**~**BroccoliDiced Strawberries1% 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 YogurtGranolawater | Crunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)*Water | Graham CrackersCream cheese1% Low Fat Milk | Low Fat Cottage CheesecrackersWater | CucumbersCrackersRanch DressingWater |
| 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 Pears1% Low Fat Milk | WG BiscuitFresh Sliced Bananas+1% Low Fat Milk | WG PancakesMixed Berries+1% Low Fat Milk | WG BagelsCream cheeseOranges+1% Low Fat Milk | Chex CerealFresh 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 Pears1% Low Fat Milk | Diced Chicken & CheeseTortillaCorn, Sour CreamPineapple1% Low Fat Milk | Beef Patty**▪** & CheeseWG BunRoasted Potato Wedges+Diced Peaches1% Low Fat Milk | Diced Chicken WG RiceCream of chicken soupMixed Vegetables+\*Pineapple1% Low Fat Milk | Pizza SaladRanch/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 CheeseDiced PearsCrackers | Vanilla WafersSun 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 BiscuitDiced Peaches1% Low Fat Milk | Cornflakes CerealBlueberries+1% Low Fat Milk | WG BagelDiced Strawberries+1% Low Fat Milk | WG French Toast SticksOranges1% Low Fat Milk | Chex CerealFresh 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 ChickenWG Pasta Pasta saucemozzarellaSteamed Green Beans+Diced Pears1% Low Fat Milk | Cheese Pizza on WG Crust**~**BroccoliDiced Pineapple+1% Low Fat Milk | Refried & CheeseFlour TortillaSour creamCornBlueberries+1% Low Fat Milk | Sliced Turkey**▪**Mashed Potatoes+BreadTurkey GravyDiced Fruit Cocktail1% Low Fat Milk | Diced ChickenWG RicePeas and carrotsDiced Pears1% 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 Wafers1% Low Fat Milk | Yogurt Graham Crackerswater | Cottage Cheese CrackersWater | Celery SticksSun Butter/ Cream Cheese | Graham CrackersJellyWater |
| 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 CerealDiced Pears1% Low Fat Milk | WG BagelsCream CheeseBlueberries+1% Low Fat Milk | WG PancakesFresh Sliced Oranges+1% Low Fat Milk | WG BiscuitFruit Cocktail+\*1% Low Fat Milk | WG Toasty O’s CerealDiced 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 RavioliPasta sauceSteamed Broccoli+\*Fruit Cocktail+\*1% Low Fat Milk | Beef Patty**▪** & CheeseWG BunMixed Vegetables+\*Diced Pineapple+1% Low Fat Milk | WG Macaroni ‘N Cheese**▪**Steamed BroccoliDiced Strawberries+1% Low Fat Milk | TunaFlour TortillaSliced cheeseSaladRanch/Italian DressingBlueberries+1% Low Fat Milk | Sliced Turkey**▪**Sliced CheeseCrackersGreen BeansMixed 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 YogurtWater | HummusWG CrackersWater | WG Animal CrackersSun Butter1% Low Fat Milk | WG Skeeter Graham Crackers1% Low Fat Milk | CucumbersRanch DressingCrackersWater |
| 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 CerealFresh Sliced Bananas+1% Low Fat Milk | WG BagelDiced Peaches1% Low Fat Milk | English MuffinBlueberries+1% Low Fat Milk | WG French Toast SticksFresh Sliced Bananas+1% Low Fat Milk | Chex CerealMixed 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 ChickenWG RiceCream of chicken soupcarrotsMixed Berries+1% Low Fat Milk | Turkey Sausage, Egg & CheeseEnglish MuffinRoasted Potato Wedges+Diced Peaches\*1% Low Fat Milk | Beef Patty& CheeseWG BunPeas & Carrots+\*Diced Pears1% Low Fat Milk | Sliced Turkey**▪** & Cheese Townhouse CrackersGreen Beans Apple Sauce1% Low Fat Milk | Tuna & CheeseFlour TortillaSaladDiced 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 YogurtWG Graham Crackers water | Animal Crackers1% Low Fat Milk | Homemade Cereal Mix (WG Toasty O’s, Kix, Chex)1% Low Fat Milk | Ranch Dressing Cucumberswater | HummusCheezits 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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