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

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| **AM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Low Fat Cottage CheeseDiced Pears | Carrot Sticks\* and Ranch | WG Toasty O’s CerealStrawberry Yogurt | Cheese Crackers1% Low Fat Milk | Low Fat Cottage CheeseFresh Sliced Cantaloupe |
| Special for ages 1 & 2 |  | Cheese Crackers with Milk |  |  |  |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Bean & Cheese Burrito** | **Vegetable Soup, HM** | **Chicken Teriyaki Bowl** | **Cheese Pizza** | **Fish Shapes** |
| Refried Beans & Cheese Flour TortillaCornDiced Peaches1% Low Fat Milk | Country Vegetable Soup**▪**+\* with Diced Chicken WG Bread StickMixed Berries1% Low Fat Milk | Diced ChickenWG Brown RicePeas and Carrots+\*Diced Mango\*1% Low Fat Milk | Cheese Pizza on WG Crust**~**Fresh Garden Salad MixDiced Pineapple1% Low Fat Milk | Fish Shapes**~**Steamed Broccoli+\*Blueberries1% Low Fat Milk |
| Special for ages 1 & 2 | Fruit Cocktail+\* (no grapes) | Diced Mixed Berries+ | Fully Cooked Diced Vegetables | Fully Cooked Diced Vegetables |  |

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| **PM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | WG BreadSun ButterFruit Jelly | Crunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)* | Animal Crackers1% Low Fat Milk | WG Skeeter Graham Crackers1% Low Fat Milk | Vanilla Yogurt Fresh Sliced Bananas+ |
| 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 Fresh Sliced Bananas+1% Low Fat Milk | WG Biscuit with JellyFresh Sliced Bananas+1% Low Fat Milk | WG PancakesMixed Berries+1% Low Fat Milk | Chex CerealDiced Pears1% Low Fat Milk | WG OatmealMixed Berries1% Low Fat Milk |
| Special for ages 1 & 2 |  |  | Diced Mixed Berries+ |  |  |

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| **AM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Freshly Sliced ApplesGraham Crackers1% Low Fat Milk | Kix Cereal1% Low Fat Milk | Strawberry YogurtGranola | Low Fat Cottage CheeseDiced Pineapple | Cheese CubesWheat Wafers |
| Special for ages 1 & 2 |  |  | Rice Cereal |  | Sliced Cheese |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Mac ‘N Cheese**  | **Chicken Parmesan with Spaghetti** | **Mini Cheeseburger Slider** | **Turkey Cracker Stacker** | **Tomato Soup** |
| WG Mac ‘N Cheese**▪**Peas and Carrots+Diced Pineapple+1% Low Fat Milk | Diced Chicken & CheeseWG PastaSteamed Broccoli+\*Diced Cantaloupe1% Low Fat Milk | Beef Patty**▪**& CheeseWG BunRoasted Potato Wedges+Diced Peaches1% Low Fat Milk | Sliced Turkey**▪**&Cheese Townhouse CrackersCornDiced Mango1% Low Fat Milk | Tomato Soup+\* With Cheese TortelliniWG BreadstickSteamed Green Beans+Fresh Sliced Apples+1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  |  | Applesauce+ |

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| **PM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Cucumber Slices with Ranch | Cinnamon Maple Pita | Homemade Cereal Mix *(WG Toasty O’s, Kix, Chex)*1% Low Fat Milk | Fresh Sliced Bananas+Sun ButterWG Bread1% Low Fat Milk | Animal Crackers 1% Low Fat Milk |
| Special for ages 1 & 2 |  | Animal Crackers with Milk |  |  | **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 SticksDiced Apricots+1% Low Fat Milk | Chex CerealFresh Sliced Bananas+1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  |  |  |

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| **AM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | WG Toasty O’s CerealVanilla Yogurt | WG Skeeter Grahams1% Low Fat Milk | Strawberry YogurtGranola | Low Fat Cottage CheeseDiced Peaches | Fresh Sliced Apples+Sun Butter1% Low Fat Milk |
| Special for ages 1 & 2 |  |  | Rice Cereal |  | Applesauce+ |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Chicken & Pasta Casserole, HM** | **Veggie Pizza** | **Bean & Cheese Burrito** | **Hot Turkey Sandwich** | **Sweet & Sour Chicken** |
| Diced Chicken & CheeseWG PastaSteamed Green Beans+Diced Pears1% Low Fat Milk | Cheese Pizza on WG Crust**~**Fresh Garden Salad MixDiced Pineapple+1% Low Fat Milk | Beans & CheeseFlour TortillaBroccoliDiced Mango1% Low Fat Milk | Sliced Turkey**▪**WG BreadCornDiced Mango\*1% Low Fat Milk | Diced ChickenWG Brown RicePeas & CarrotsDiced Pears1% 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** | Vanilla Wafers1% Low Fat Milk | Carrot Sticks\*Ranch | WG BreadstickCheese Cubes | Cheese Crackers | Fresh Bananas1% Low Fat Milk |
| Special for ages 1 & 2 |  | WG Graham Crackers with Milk | 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 OatmealBlueberries1% Low Fat Milk | WG PancakesStrawberries1% Low Fat Milk | WG BiscuitFresh Sliced Bananas1% 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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| **AM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Animal Crackers1% Low Fat Milk | Fresh Sliced Bananas+1% Low Fat Milk | Kix Cereal1% Low Fat Milk | Low Fat Cottage CheeseDiced Pears | Cheese Crackers |
| Special for ages 1 & 2 |  |  |  |  |  |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Baked Cheesy Penne, HM** | **Teriyaki Beef Sliders** | **Mac ‘N Cheese, HM** | **Fish Shapes** | **Grilled Cheese Sandwich with Tomato Soup** |
| Mozzarella CheeseWG PastaSteamed Broccoli+\*Diced Peaches1% Low Fat Milk | Beef Patty**▪**& CheeseWG BunPeas and CarrotsDiced Pineapple+1% Low Fat Milk | WG Macaroni ‘N Cheese**▪**PeasBlueberries1% Low Fat Milk | Fish ShapesPeas and Carrots+Mango1% Low Fat Milk | WG Bread with CheeseTomato Soup+\*Diced Cantaloupe1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  |  | Diced Mixed Berries+ |

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| **PM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | GranolaStrawberry Yogurt | Wheat WafersSliced Cheese | WG BagelSun ButterJelly | WG Graham Crackers1% Low Fat Milk | Vanilla YogurtFresh Sliced Bananas |
| Special for ages 1 & 2 | Rice Cereal |  |  |  | **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 | WG OatmealBlueberries+1% Low Fat Milk | WG French Toast SticksMixed Berries1% Low Fat Milk | Chex CerealMixed Berries+1% Low Fat Milk |
| Special for ages 1 & 2 |  |  |  |  | Diced Mixed Berries+ |

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| **AM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Strawberry YogurtGranola | Carrot Sticks\* With Ranch | Wheat WafersCheese Cubes | WG Skeeter Grahams1% Low Fat Milk | Strawberry YogurtVanilla Wafers |
| Special for ages 1 & 2 |  | Applesauce with Milk |  |  | Sliced Cheese |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Turkey Breakfast Sandwich** | **Chicken & Pasta Casserole, HM** | **Mini Beef Sliders** | **Cracker Stackers** | **Cheese Ravioli** |
| Turkey Sausage**▪**& CheeseBiscuitRoasted Potato Wedges+Fresh Diced Cantaloupe\*1% Low Fat Milk | Diced Chicken & CheeseWG PastaPeas & Carrots+\*Mixed Berries+1% Low Fat Milk | Beef Patty**▪**& CheeseWG BunFresh Garden Salad MixDiced Pears1% Low Fat Milk | Sliced Turkey**▪**&Cheese Townhouse CrackersCornDiced Pineapple+1% Low Fat Milk | WG Ravioli with SauceSteamed Green Beans+Fresh Sliced Apples+1% Low Fat Milk |
| Special for ages 1 & 2 |  | Diced Mixed Berries+, Fully Cooked Diced Vegetables |  | Applesauce+, Fully Cooked Diced Vegetables |  |

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| **PM SNACK****2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | WG BreadFruit Jelly1% Low Fat Milk | Animal Crackers1% Low Fat Milk | Fresh Sliced Bananas+Sun ButterWG Bread1% Low Fat Milk | Crunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)*1% Low Fat Milk | Carrot Sticks\*Ranch |
| Special for ages 1 & 2 |  |  |  | Chex Cereal | WG Graham Crackers with Milk**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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