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| **WEEK #1**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST**  **Grain, Fruit/Vegetable, Milk** | WG Toasty O’s Cereal  Fresh Sliced Bananas+  1% Low Fat Milk | WG Biscuit  Diced Apricots\*  1% Low Fat Milk | WG French Toast Sticks  Fruit Cocktail+\*  1% Low Fat Milk | Crispy Rice Cereal  Applesauce+  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 Cheese  Diced Pears | Carrot Sticks\* and Ranch | WG Toasty O’s Cereal  Strawberry Yogurt | Cheese Crackers  1% Low Fat Milk | Low Fat Cottage Cheese  Fresh 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 Tortilla  Corn  Diced Peaches  1% Low Fat Milk | Country Vegetable Soup**▪**+\* with Diced Chicken  WG Bread Stick  Mixed Berries  1% Low Fat Milk | Diced Chicken  WG Brown Rice  Peas and Carrots+\*  Diced Mango\*  1% Low Fat Milk | Cheese Pizza  on WG Crust**~**  Fresh Garden Salad Mix  Diced Pineapple  1% Low Fat Milk | Fish Shapes**~**  Steamed Broccoli+\*  Blueberries  1% 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 Bread  Sun Butter  Fruit Jelly | Crunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)* | Animal Crackers  1% Low Fat Milk | WG Skeeter Graham Crackers  1% 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 Jelly  Fresh Sliced Bananas+  1% Low Fat Milk | WG Pancakes  Mixed Berries+  1% Low Fat Milk | Chex Cereal  Diced Pears  1% Low Fat Milk | WG Oatmeal  Mixed 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** | Freshly Sliced Apples  Graham Crackers  1% Low Fat Milk | Kix Cereal  1% Low Fat Milk | Strawberry Yogurt  Granola | Low Fat Cottage Cheese  Diced Pineapple | Cheese Cubes  Wheat 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 & Cheese  WG Pasta  Steamed Broccoli+\*  Diced Cantaloupe  1% Low Fat Milk | Beef Patty**▪**& Cheese  WG Bun  Roasted Potato Wedges+  Diced Peaches  1% Low Fat Milk | Sliced Turkey**▪**&Cheese Townhouse Crackers  Corn  Diced Mango  1% Low Fat Milk | Tomato Soup+\*  With Cheese Tortellini  WG Breadstick  Steamed 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 Butter  WG Bread  1% 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 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  Diced Apricots+  1% Low Fat Milk | Chex Cereal  Fresh 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 Cereal  Vanilla Yogurt | WG Skeeter Grahams  1% Low Fat Milk | Strawberry Yogurt  Granola | Low Fat Cottage Cheese  Diced Peaches | Fresh Sliced Apples+  Sun Butter  1% 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 & Cheese  WG Pasta  Steamed Green Beans+  Diced Pears  1% Low Fat Milk | Cheese Pizza on  WG Crust**~**  Fresh Garden Salad Mix  Diced Pineapple+  1% Low Fat Milk | Beans & Cheese  Flour Tortilla  Broccoli  Diced Mango  1% Low Fat Milk | Sliced Turkey**▪**  WG Bread  Corn  Diced Mango\*  1% Low Fat Milk | Diced Chicken  WG Brown Rice  Peas & Carrots  Diced Pears  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** | Vanilla Wafers  1% Low Fat Milk | Carrot Sticks\* Ranch | WG Breadstick  Cheese Cubes | Cheese Crackers | Fresh Bananas  1% 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 Cereal  Diced Pears  1% Low Fat Milk | WG Oatmeal  Blueberries  1% Low Fat Milk | WG Pancakes  Strawberries  1% Low Fat Milk | WG Biscuit  Fresh Sliced Bananas  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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| **AM SNACK**  **2 separate components: Meat/Meat alt, Grain, Fruit//Vegetable, Milk** | Animal Crackers  1% Low Fat Milk | Fresh Sliced Bananas+  1% Low Fat Milk | Kix Cereal  1% Low Fat Milk | Low Fat Cottage Cheese  Diced 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 Cheese  WG Pasta  Steamed Broccoli+\*  Diced Peaches  1% Low Fat Milk | Beef Patty**▪**& Cheese  WG Bun  Peas and Carrots  Diced Pineapple+  1% Low Fat Milk | WG Macaroni ‘N Cheese**▪**  Peas  Blueberries  1% Low Fat Milk | Fish Shapes  Peas and Carrots+  Mango  1% Low Fat Milk | WG Bread with Cheese  Tomato Soup+\*  Diced Cantaloupe  1% 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** | Granola  Strawberry Yogurt | Wheat Wafers  Sliced Cheese | WG Bagel  Sun Butter  Jelly | WG Graham Crackers  1% Low Fat Milk | Vanilla Yogurt  Fresh 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 Cereal  Fresh Sliced Bananas+  1% Low Fat Milk | WG Bagel  Diced Peaches  1% Low Fat Milk | WG Oatmeal  Blueberries+  1% Low Fat Milk | WG French Toast Sticks  Mixed Berries  1% Low Fat Milk | Chex Cereal  Mixed 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 Yogurt  Granola | Carrot Sticks\*  With Ranch | Wheat Wafers  Cheese Cubes | WG Skeeter Grahams  1% Low Fat Milk | Strawberry Yogurt  Vanilla 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**▪**& Cheese  Biscuit  Roasted Potato Wedges+  Fresh Diced Cantaloupe\*  1% Low Fat Milk | Diced Chicken & Cheese  WG Pasta  Peas & Carrots+\*  Mixed Berries+  1% Low Fat Milk | Beef Patty**▪**& Cheese  WG Bun  Fresh Garden Salad Mix  Diced Pears  1% Low Fat Milk | Sliced Turkey**▪**&Cheese Townhouse Crackers  Corn  Diced Pineapple+  1% Low Fat Milk | WG Ravioli with Sauce  Steamed 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 Bread  Fruit Jelly  1% Low Fat Milk | Animal Crackers  1% Low Fat Milk | Fresh Sliced Bananas+  Sun Butter  WG Bread  1% 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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