Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes Cereal Fresh Bananas Low Fat Milk	Whole Grain Biscuit Diced Pears Low Fat Milk	Whole Grain Pancake Roasted Potatoes Low Fat Milk	Gluten-Free Chex Cereal Diced Pineapple Low Fat Milk	Whole Grain Oatmeal Fresh Bananas Low Fat Milk
Age Appropriate Substitute					
Lunch	Beany Whole Grain Mac N Cheese Peas Pineapple Low Fat Milk	Whole Grain Spaghetti with Meat Sauce Steamed Zucchini Apricots Low Fat Milk	Cheeseburger Slider on Whole Grain Bun Sweet Potato Tots Diced Peaches Low Fat Milk	Chicken & Brown Rice Casserole Mixed Vegetables Oranges Low Fat Milk	Vegetarian Chili Cornbread Green Beans Sliced Apples Low Fat Milk
Age Appropriate Substitute		Diced Steamed Zucchini			
PM Snack	Cereal Mix (Whole Grain Toasty O's, Kix, Gluten-Free Chex) Low Fat Milk	Celery & Carrot Sticks with Hummus	Applesauce with Cinnamon Sprinkle Low Fat Milk	Cottage Cheese Diced Pears	Whole Grain Biscuit with soy nut butter & jelly 100% Grape Juice
Age Appropriate Substitute		Townhouse Crackers			

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. All juice served is 100% full-strength fruit juice. Children (age 12-24 month) are served whole milk. After 24 months, all children are served 1% milk.

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Centers may substitute food items as necessary.