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| **MONDAY**  **(DATE)** | **TUESDAY**  **(DATE)** | **WEDNESDAY**  **(DATE)** | **THURSDAY**  **(DATE)** | **FRIDAY**  **(DATE)** |
| Whole-grain Toasty O’s cereal, served with fresh orange slices and 1% low-fat milk | English muffin toasted with cinnamon-maple sun butter, served with  apricots and 1% low-fat milk | Whole-grain French toast sticks, served with mixed berries and 1% low-fat milk | Whole-grain bagel toasted with cream cheese, served with applesauce and  1% low-fat milk | Crispy rice cereal, served with fresh sliced bananas and 1% low-fat milk |

**MORNING SNACK**

**WEEK 1**

**CENTER #**

**BREAKFAST**

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| --- | --- | --- | --- | --- |
| Sun butter and jelly sandwich on whole-grain bread | Fresh carrot and celery sticks, served with 1% low-fat milk | Pears and low-fat cottage cheese | Whole-grain Toasty O’s cereal and yogurt | Animal crackers and  1% low-fat milk |

**AFTERNOON SNACK**

**LUNCH**

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**VEGETARIAN OPTION**

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| **Bean & Cheese Burrito** | **Chicken Teriyaki Bowl** | **Cheese Pizza** | **Spaghetti with Meat Sauce** | **Fish Sticks** |
| Refried beans and cheese baked inside a flour tortilla, served with corn, fruit cocktail, and 1% low-fat milk | Diced chicken served over whole-grain brown rice, with mixed vegetables, mango, and 1% low-fat milk | Cheese pizza with a whole-grain crust, served with tender steamed broccoli, pineapple, and 1% low-fat milk | Chicken crumble meat sauce poured over whole-grain pasta, served with fresh zucchini, apricots, and 1% low-fat milk | Whole-grain fish sticks served with fresh cucumber slices, strawberries, and 1% low-fat milk |
|  | **Teriyaki Bean & Rice Bowl** |  | **Spaghetti, Marinara, & Parmesan** | **Veggie Slider** |
| Yogurt and fresh sliced bananas | Cheese cubes and a crunchy snack mix of pretzels, Chex™ cereal, and cheese crackers | Whole-grain graham crackers and 1% low-fat milk | Whole-grain breadstick and sliced cheese | Wheat crackers and hummus bean dip |

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| **MONDAY**  **(DATE)** | **TUESDAY**  **(DATE)** | **WEDNESDAY**  **(DATE)** | **THURSDAY**  **(DATE)** | **FRIDAY**  **(DATE)** |
| Chex™ cereal, served with pears and 1% low-fat milk | Warm whole-grain breadstick served with cinnamon-maple sprinkle, fresh sliced bananas and 1% low-fat milk | Whole-grain pancakes, served with mixed berries and 1% low-fat milk | Whole-grain oatmeal, topped with raisins, fresh sliced bananas and 1% low-fat milk | Kix® cereal, served with peaches and 1% low-fat milk |

**BREAKFAST**

**WEEK 2**

**CENTER #**

**MORNING SNACK**

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| Whole-grain pita bread and hummus bean dip | Yogurt and granola | Kix® cereal, served with  1% low-fat milk | Whole-grain bagel with cream cheese and blueberries | Wheat crackers and cheese slices |

**LUNCH**

**AFTERNOON SNACK**

**VEGETARIAN OPTION**

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| **Mac ‘n’ Cheese with Refried Beans** | **Sweet & Sour Chicken Rice Bowl** | **Mini Cheeseburger Slider** | **Homemade Chicken & Rice Casserole** | **Sun Butter & Jelly Sandwich** |
| Macaroni noodles, cheese, and refried beans served with green peas, apricots, and 1% low-fat milk | Diced chicken served over whole-grain brown rice, with a freshly mixed garden salad, pineapple, and  1% low-fat milk | Beef patty with cheese on a whole-grain bun, served with roasted potato wedges, peaches, and  1% low-fat milk | Diced chicken, cheese, and whole-grain brown rice casserole, served with mixed vegetables, fresh orange slices, and 1% low-fat milk | Sun butter and jelly sandwich on whole-grain bread, served with yogurt, fresh carrot sticks, fresh apple slices, and 1% low-fat milk |
|  | **Sweet & Sour Bean & Rice Bowl** | **Veggie Slider** | **Cheesy Rice Casserole** |  |
| Applesauce and whole-grain graham crackers | Cereal mix of Toasty O’s, Kix®, and Chex™ cereals, served with 1% low-fat milk | Fresh celery and carrot sticks, served with cheese crackers | Yogurt and mango | Whole-grain Toasty O’s cereal served with 1% low-fat milk |

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| **MONDAY**  **(DATE)** | **TUESDAY**  **(DATE)** | **WEDNESDAY**  **(DATE)** | **THURSDAY**  **(DATE)** | **FRIDAY**  **(DATE)** |
| Corn Flakes cereal, served with blueberries and  1% low-fat milk | Warm whole-grain biscuits, served with peaches and 1% low-fat milk | Whole-grain bagel toasted with cream cheese, served with strawberries and  1% low-fat milk | Whole-grain French toast sticks, served with apricots and 1% low-fat milk | Chex™ cereal, served with fresh sliced bananas and 1% low-fat milk |

**WEEK 3**

**CENTER #**

**MORNING SNACK**

**BREAKFAST**

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| Fresh sliced bananas and 1% low-fat milk | Pears and low-fat cottage cheese | Whole-grain Toasty O’s cereal and yogurt | Fresh celery and carrot sticks, served with cheese crackers | Animal crackers and  1% low-fat milk |  | Animal crackers and 1% low-fat milk |

**LUNCH**

**AFTERNOON SNACK**

**VEGETARIAN OPTION**

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| **Veggie Pizza** | **Homemade Chicken & Pasta Casserole** | **Hot Turkey Sandwich** | **Crispy Chicken Burrito** | **Egg Breakfast Biscuit** |
| Cheese pizza with a whole-grain crust, served with mixed vegetables, pineapple, and 1% low-fat milk | Diced chicken, cheese, and whole-grain pasta casserole, served with peas and carrots, fruit cocktail, and 1% low-fat milk | Hot turkey sandwich on whole-grain bread, served with mashed potatoes, mango, and 1% low-fat milk | Chicken crumble and cheese baked in a flour tortilla, served with corn, blueberries, and 1% low-fat milk | Egg on a whole-grain biscuit, served with steamed green beans, fresh orange slices, and 1% low-fat milk |
|  | **Cheesy Pasta Casserole** | **Veggie Slider Sandwich** | **Crispy Cheese Quesadilla** |  |
| Whole-grain breadstick and hummus bean dip | Vanilla wafers and 1% low-fat milk | Fresh broccoli and cheese cubes | Yogurt and granola | Fresh apple slices and sun butter |

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| **MONDAY**  **(DATE)** | **TUESDAY**  **(DATE)** | **WEDNESDAY**  **(DATE)** | **THURSDAY**  **(DATE)** | **FRIDAY**  **(DATE)** |
| Crispy rice cereal, served with pears and 1% low-fat milk | Cinnamon-maple flavored whole-grain oatmeal, served with peaches and 1% low-fat milk | Whole-grain pancakes, served with fresh sliced oranges and 1% low-fat milk | Warm whole-grain biscuit, served with fruit cocktail and 1% low-fat milk | Whole-grain Toasty O’s cereal, served with mango and 1% low-fat milk |

**WEEK 4**

**CENTER #**

**MORNING SNACK**

**BREAKFAST**

**LUNCH**

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| Animal crackers and  1% low-fat milk | Fresh sliced bananas and sun butter | Peaches and 1% low-fat milk | Pears and low-fat cottage cheese | Whole-grain bagel toasted with sun butter |  | Carrot and celery sticks, served with 1% low-fat milk | Pears and low-fat cottage cheese | Whole-grain Toasty O’s cereal and yogurt | Animal crackers and 1% low-fat milk |

**AFTERNOON SNACK**

**VEGETARIAN OPTION**

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| **Homemade Baked Cheesy Penne** | **Mini Beef Pizza Sliders** | **Homemade Taco**  **Mac ‘n’ Cheese** | **Turkey Sandwich with Tomato Soup** | **Fish Sandwich** |
| Whole-grain pasta with melted mozzarella cheese, served with steamed broccoli, fruit cocktail, and 1% low-fat milk | Beef patty with cheese served on a whole-grain bun, served with mixed vegetables, pears, and  1% low-fat milk | Chicken crumble, cheese, and macaroni noodles, served with a freshly mixed garden salad, strawberries, and 1% low-fat milk | Turkey sandwich on whole-grain bread, served with tomato soup, fresh sliced bananas, and 1% low-fat milk | Whole-grain fish sticks served on a whole-grain bun, with green peas, blueberries, and 1% low-fat milk |
|  | **Veggie Pizza Slider** | **Taco Mac & BBQ Baked Beans** | **Grilled Cheese** | **Sun Butter Sandwich & Yogurt** |
| Fresh apple slices and yogurt | Wheat crackers and cheese slices | Whole-grain bagel toasted with cream cheese and blueberries | Cheese crackers and fresh cucumber slices | Whole-grain graham crackers and 1% low-fat milk |

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| **MONDAY**  **(DATE)** | **TUESDAY**  **(DATE)** | **WEDNESDAY**  **(DATE)** | **THURSDAY**  **(DATE)** | **FRIDAY**  **(DATE)** |
| Kix® cereal, served with fresh orange slices and 1% low-fat milk | Whole-grain bagel toasted with cream cheese, served with mixed berries and  1% low-fat milk | English muffin toasted with cinnamon-maple sun butter, served with blueberries and 1% low-fat milk | Whole-grain French toast sticks, served with fresh banana slices and 1% low-fat milk | Chex™ cereal, served with fruit cocktail and 1% low-fat milk |

**WEEK 5**

**CENTER #**

**MORNING SNACK**

**BREAKFAST**

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| Sun butter and jelly sandwich on whole-grain bread | Whole-grain Toasty O’s cereal and 1% low-fat milk | Yogurt and vanilla wafers | Crispy rice cereal and  1% low-fat milk | Wheat crackers and cheese slices |  | Animal crackers and 1% low-fat milk |

**LUNCH**

**VEGETARIAN OPTION**

**AFTERNOON SNACK**

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| **Grilled Cheese & Tomato Soup** | **Turkey Breakfast Sandwich** | **Homemade Chicken & Pasta Casserole** | **Teriyaki Beef Sliders** | **Cracker Stackers** |
| Grilled cheese sandwich on whole-grain bread, served with tomato soup, fresh sliced bananas, and 1% low-fat milk | Turkey-sausage and cheese sandwich on a toasted English muffin, served with a freshly mixed garden salad, apricots, and 1% low-fat milk | Diced chicken and whole-grain pasta with cheese, served with broccoli, mixed berries, and 1% low-fat milk | Beef patty on a whole-grain bun with teriyaki sauce, served with peas and carrots, pineapple, and  1% low-fat milk | Turkey and cheese slices with Town House® crackers, served with fresh celery sticks, fresh apple slices, and 1% low-fat milk |
|  | **Veggie Breakfast Sandwich** | **Cheesy Pasta Casserole** | **Teriyaki Veggie Slider** | **Crackers & Cheese** |
| Animal crackers and  1% low-fat milk | Fresh celery sticks and sun butter topped with raisins | Fresh carrot sticks and a mix of pretzels, Chex™ cereal, and crackers | Yogurt and mango | Whole-grain pita bread and hummus bean dip |