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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 Apricots\*1% 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** | **White Bean & Vegetable Soup, HM** | **Chicken Teriyaki Bowl** | **Cheese Pizza** | **Fish Sticks** |
| Refried Beans & Cheese Flour TortillaCornFruit Cocktail+\*1% Low Fat Milk | Country Vegetable Soup**▪**+\* White BeansWG BiscuitMixed Berries1% Low Fat Milk | Diced ChickenWG Brown RiceMixed Vegetables+\*Diced Mango\*1% Low Fat Milk | Cheese Pizza on WG Crust**~**Steamed Broccoli+\*Diced Peaches1% Low Fat Milk | Fish Sticks**~**Fresh Garden Salad MixDiced 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 YogurtFresh Sliced Bananas+ | Cheese CubesCrunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)* | WG Skeeter Graham Crackers1% Low Fat Milk | Low Fat Cottage CheeseDiced Apricots\* | Cheese Crackers1% Low Fat Milk |
| 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 | Chex CerealDiced Pineapple+1% Low Fat Milk | WG OatmealFresh 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 with Refried Beans** | **Chicken Parmesan with Spaghetti** | **Mini Cheeseburger Slider** | **Chicken & Rice Casserole, HM** | **Vegetarian Bean Chili, HM** |
| WG Mac ‘N Cheese**▪**Refried BeansGreen Peas+Diced Pineapple+1% Low Fat Milk | Diced Chicken & CheeseWG PastaFresh ZucchiniDiced Apricots\*1% Low Fat Milk | Beef Patty**▪**& CheeseWG BunRoasted Potato Wedges+Diced Peaches1% Low Fat Milk | Diced Chicken & CheeseWG Brown RiceMixed Vegetables+\*Fresh Sliced Oranges+1% Low Fat Milk | Vegetarian Bean Chili**▪**WG BreadstickSteamed Green Beans+Fresh Sliced Apples+1% Low Fat Milk |
| Special for ages 1 & 2 |  | Fully Cooked Diced Vegetables |  | Fully Cooked Diced Vegetables | Applesauce+ |

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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 | Fresh Celery andCarrot Sticks\*Hummus | Applesauce+1% Low Fat Milk | Low Fat Cottage CheeseDiced Pears | WG BreadSun Butter |
| Special for ages 1 & 2 |  | Fully Cooked Diced Vegetables |  |  | **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 Cinnamon Raisin 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 |  |  |  | Diced Apricots+ |  |

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| **LUNCH****Meat/Meat alt, Grain, Fruit, Vegetable, Milk** | **Chicken & Pasta Casserole, HM** | **Veggie Pizza** | **Black 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**~**Mixed Vegetables+\*Diced Pineapple+1% Low Fat Milk | Black Beans & CheeseFlour TortillaCornBlueberries+1% Low Fat Milk | Sliced Turkey**▪**WG BreadMashed Potatoes+Diced Mango\*1% Low Fat Milk | Diced ChickenWG Brown RiceFresh Garden Salad MixDiced Pears1% Low Fat Milk |
| Special for ages 1 & 2 |  | 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 Wafers1% Low Fat Milk | Multi-Color Bell PepperStrips+& Carrot Sticks\*Hummus | WG BreadstickCheese Cubes | Strawberry YogurtGranola | Fresh Sliced Apples+1% Low Fat Milk |
| Special for ages 1 & 2 |  | Fully Cooked Diced Vegetables | Sliced Cheese | WG Graham Crackers | Applesauce+**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 OatmealDiced Strawberries+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** | **Baked Cheesy Penne, HM** | **Teriyaki Beef Sliders** | **Taco Mac ‘N Cheese, HM** | **Tuna Salad Wrap** | **Turkey Sandwich with Tomato Soup** |
| Mozzarella CheeseWG PastaSteamed Broccoli+\*Fruit Cocktail+\*1% Low Fat Milk | Beef Patty**▪**& CheeseWG BunMixed Vegetables+\*Diced Pineapple+1% Low Fat Milk | Diced ChickenWG Macaroni ‘N Cheese**▪**Steamed CauliflowerDiced Strawberries+1% Low Fat Milk | TunaFlour TortillaGreen Peas+Blueberries+1% Low Fat Milk | Sliced Turkey**▪**WG BreadTomato Soup+\*Mixed 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** | Fresh Sliced Apples+Strawberry Yogurt | Wheat WafersSliced Cheese | WG BagelSun Butter | Diced Peaches1% Low Fat Milk | WG Graham Crackers1% Low Fat Milk |
| Special for ages 1 & 2 | Applesauce+ |  |  |  | **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** | **Turkey Breakfast Sandwich** | **Chicken & Pasta Casserole, HM** | **Mini Beef Pizza Sliders** | **Cracker Stackers** | **Tuna Casserole, HM** |
| Turkey Sausage**▪**& CheeseEnglish MuffinRoasted Potato Wedges+Diced Apricots\*1% Low Fat Milk | Diced Chicken & CheeseWG PastaFresh Garden Salad MixMixed Berries+1% Low Fat Milk | Beef Patty**▪**& CheeseWG BunPeas & Carrots+\*Diced Pears1% Low Fat Milk | Sliced Turkey**▪**&Cheese Townhouse CrackersCelery SticksFresh Sliced Apples+1% Low Fat Milk | Tuna & CheeseWG PastaSteamed Green Beans+Diced Pineapple+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** | Strawberry YogurtDiced Pears | Animal CrackersDiced Apricots | Fresh Sliced Bananas+1% Low Fat Milk | Cucumber SlicesCrunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)* | Fresh Snap Peas &Carrot Sticks\*Hummus |
| Special for ages 1 & 2 |  |  |  | Chex Cereal | 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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