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| **WEEK #1**  **Date** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST**  **Grain, Fruit/Vegetable, Milk** | WG Toasty O’s Cereal  Fresh Sliced Oranges+  1% Low Fat Milk | English Muffin  Diced Apricots\*  1% Low Fat Milk | WG French Toast Sticks  Fruit Cocktail+\*  1% Low Fat Milk | Crispy Rice Cereal  Fresh 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 Tortilla  Corn  Fruit Cocktail+\*  1% Low Fat Milk | Country Vegetable Soup**▪**+\* White Beans  WG Biscuit  Mixed Berries  1% Low Fat Milk | Diced Chicken  WG Brown Rice  Mixed Vegetables+\*  Diced Mango\*  1% Low Fat Milk | Cheese Pizza  on WG Crust**~**  Steamed Broccoli+\*  Diced Peaches  1% Low Fat Milk | Fish Sticks**~**  Fresh Garden Salad Mix  Diced Strawberries  1% 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 Yogurt  Fresh Sliced Bananas+ | Cheese Cubes  Crunchy Snack Mix *(Pretzels, Chex Cereal, Cheese Crackers)* | WG Skeeter Graham Crackers  1% Low Fat Milk | Low Fat Cottage Cheese  Diced Apricots\* | Cheese Crackers  1% 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 Pears  1% Low Fat Milk | WG Biscuit  Fresh Sliced Bananas+  1% Low Fat Milk | WG Pancakes  Mixed Berries+  1% Low Fat Milk | Chex Cereal  Diced Pineapple+  1% Low Fat Milk | WG Oatmeal  Fresh 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 Beans  Green Peas+  Diced Pineapple+  1% Low Fat Milk | Diced Chicken & Cheese  WG Pasta  Fresh Zucchini  Diced Apricots\*  1% Low Fat Milk | Beef Patty**▪**& Cheese  WG Bun  Roasted Potato Wedges+  Diced Peaches  1% Low Fat Milk | Diced Chicken & Cheese WG Brown Rice  Mixed Vegetables+\*  Fresh Sliced Oranges+  1% Low Fat Milk | Vegetarian Bean Chili**▪**  WG Breadstick  Steamed 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 Cheese  Diced Pears | WG Bread  Sun 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 Biscuit  Diced Peaches  1% Low Fat Milk | Cornflakes Cereal  Blueberries+  1% Low Fat Milk | WG Cinnamon Raisin 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 |  |  |  | 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 & Cheese  WG Pasta  Steamed Green Beans+  Diced Pears  1% Low Fat Milk | Cheese Pizza on  WG Crust**~**  Mixed Vegetables+\*  Diced Pineapple+  1% Low Fat Milk | Black Beans & Cheese  Flour Tortilla  Corn  Blueberries+  1% Low Fat Milk | Sliced Turkey**▪**  WG Bread  Mashed Potatoes+  Diced Mango\*  1% Low Fat Milk | Diced Chicken  WG Brown Rice  Fresh Garden Salad Mix  Diced Pears  1% 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 Wafers  1% Low Fat Milk | Multi-Color Bell PepperStrips+& Carrot Sticks\* Hummus | WG Breadstick  Cheese Cubes | Strawberry Yogurt  Granola | 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 Cereal  Diced Pears  1% Low Fat Milk | WG Oatmeal  Diced Strawberries+  1% Low Fat Milk | WG Pancakes  Fresh Sliced Oranges+  1% Low Fat Milk | WG Biscuit  Fruit Cocktail+\*  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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| **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 Cheese  WG Pasta  Steamed Broccoli+\*  Fruit Cocktail+\*  1% Low Fat Milk | Beef Patty**▪**& Cheese  WG Bun  Mixed Vegetables+\*  Diced Pineapple+  1% Low Fat Milk | Diced Chicken WG Macaroni ‘N Cheese**▪**  Steamed Cauliflower  Diced Strawberries+  1% Low Fat Milk | Tuna  Flour Tortilla  Green Peas+  Blueberries+  1% Low Fat Milk | Sliced Turkey**▪**  WG Bread  Tomato 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 Wafers  Sliced Cheese | WG Bagel  Sun Butter | Diced Peaches  1% Low Fat Milk | WG Graham Crackers  1% 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 Cereal  Fresh Sliced Bananas+  1% Low Fat Milk | WG Bagel  Diced Peaches  1% Low Fat Milk | English Muffin  Blueberries+  1% Low Fat Milk | WG French Toast Sticks  Fresh Sliced Bananas+  1% Low Fat Milk | Chex Cereal  Mixed 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**▪**& Cheese  English Muffin  Roasted Potato Wedges+  Diced Apricots\*  1% Low Fat Milk | Diced Chicken & Cheese  WG Pasta  Fresh Garden Salad Mix  Mixed Berries+  1% Low Fat Milk | Beef Patty**▪**& Cheese  WG Bun  Peas & Carrots+\*  Diced Pears  1% Low Fat Milk | Sliced Turkey**▪**&Cheese Townhouse Crackers  Celery Sticks  Fresh Sliced Apples+  1% Low Fat Milk | Tuna & Cheese  WG Pasta  Steamed 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 Yogurt  Diced Pears | Animal Crackers  Diced Apricots | Fresh Sliced Bananas+  1% Low Fat Milk | Cucumber Slices  Crunchy 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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