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| **WEEK #1**  **7/6-7/10** | **MONDAY**  **\_\_\_** | **TUESDAY**  **\_\_\_** | **WEDNESDAY**  **\_\_\_** | **THURSDAY**  **\_\_\_** | **FRIDAY**  **\_\_\_** |
| **BREAKFAST** | **Whole Grain  Pancakes**  **Roasted Potato Wedges+**  **1% Low Fat Milk** | **Whole Grain Toasty-o’s Cereal**  **Diced Pineapple Tidbits**  **1% Low Fat Milk** | **English Muffin with Fruit Jelly or Sun Butter**  **Unsweetened Applesauce**  **1% Low Fat Milk** | **Whole Grain French Toast Stick**  **Chilled Peaches**  **1% Low Fat Milk** | **Gluten Free Chex Cereal**  **Chilled Unsweetened Applesauce**  **1% Low Fat Milk** |
| **Special for ages 1 & 2** |  |  |  |  |  |

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| **LUNCH** | **Veggie Cheese Pizza on**  **Whole Grain Bread**  **Steamed Corn**  **+ Chilled Diced Pears**  **1% Low Fat Milk** | **Nachos with Corn Tortilla Chips, Black Beans, and Shredded Cheese Steamed Corn Chilled Pineapple Tidbits+**  **1% Low Fat Milk** | **Mini Cheese Burger~ Slider on a Whole Grain Bun Roasted Potato Wedges\* Chilled Mandarin Oranges**  **1% Low Fat Milk** | **Sliced Turkey and Cheese Sandwiches on Whole Grain Bread + Steamed Green Beans**  **Chilled Diced Pineapple Tidbits**  **1% Low Fat Milk** | **White Diced Chicken+ Shredded Cheese on a flour tortilla+ Sweet Potato Tater Tots + Chilled Diced Pears**  **1% Low Fat Milk** |
| **Special for ages 1 & 2** |  |  |  |  |  |

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| **SNACK** | **Fresh Broccolli+**  **Strawberry Yogurt**  **100% Apple Juice** | **Homemade Cereal Mix (Whole Grain Toasty O’s, Crispy Rice, Corn Flakes)**  **1% Low Fat Milk** | **Whole Grain Biscuits with Jelly & Soy Butter**  **1% Low Fat Milk** | **Low Fat Strawberry Yogurt with Whole Wheat Round Crackers**  **100% Apple Juice** | **Cheese Sticks**  **Graham Crackers**  **1% Low Fat Milk** |
| **Special for ages 1 & 2** |  |  |  |  |  |

**Vitamin C+ source**

**Vitamin A\* source**

**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.**

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. Children (age 12-24 month) are served whole milk. After 24 months all children are served 1% milk.

~CN Label on file ▪Mfr. Product Analysis Statement on file

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