

## Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
<b>Frosted Mini Wheats*</b> 1-5yr 1/2cup, 6-12yr 1cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4 cup 6-12yr 1cup <b>Orange Juice</b> 1-2yr 1/4cup, 3-12yr 1/2cup	<b>English Muffin*</b> 1-5yr 1/2 muffin, 6-12yr 1whole muffin <b>Sausage Patty/Cheese</b> 1-5yr 1/2 patty, 1 cheese slice, 6-12yr 1 patty, 2 cheese slices <b>Banana Slices</b> 1-5yr 1 whole, 3-12yr 1.5 bananas <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4 cup 6-12yr 1cup	<b>Multi Grain Cheerios*</b> 1-5yr 1/2cup, 6-12yr 1cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4 cup 6-12yr 1cup <b>Orange Juice</b> 1-2yr 1/4cup, 3-12yr 1/2cup	<b>WW French Toast</b> 1-5yr 1/2 slice, 6-12yr 1whole <b>Strawberries</b> 1-2yr 1/4 cup, 3-12yr 1/2cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4 cup 6-12yr 1cup	<b>Corn Flakes*</b> 1-5yr 1/2cup, 6-12yr 1cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4 cup 6-12yr 1cup <b>Orange Juice</b> 1-2yr 1/4cup, 3-12yr 1/2cup
<b>AM Snack</b>				
<b>Wheat thins</b> 1-5yr 9 crackers, 6-12yr 17 crackers <b>Raisins</b> 1-5yr 1/4 cup, 6-12yr 1/2 cup <b>Water</b>	<b>Bagel w/Cream Cheese</b> 1-5yr 1/2 bagel, 6-12yr whole bagel <b>Milk-VitD/Skim</b> 1-5yr 1/2cup, 6-12yr 1cup	<b>Frozen Mixed Berries</b> 1-5yr 1/2c, 6-12yrs 3/4c <b>Rice cakes</b> 1-5yr 6 minis or 2 large 6-12yr 12 minis or 3 large <b>Water</b>	<b>Chex Mix*</b> 1-5yr 1/2cup, 6-12yr 1cup <b>Apple Punch</b> 1-5yr 1/2 cup, 6-12yr 1cup <b>Water</b>	<b>Breadstick W/ Pizza Sauce</b> 1-5yr 1/2 stick, 6-12yr 1 stick <b>String Cheese</b> 1-5yr 1/2 stick, 6-12yr 1 whole stick <b>Water</b>
<b>Lunch</b>				
<b>Pizza Burgers on Bun</b> 1-2yr 1/2bun 1oz meat/cheese 3-5yr 1/2bun 1.5oz meat/cheese 6-12yr 1bun 2oz meat/cheese <b>Green Beans</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Applesauce</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>Spaghetti w/meatsauce</b> 1-5yr 1/2cup, 6-12yr 3/4 cup <b>Peas</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Pears</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>Ham &amp; Cheese Sandwich w/ WW bread*</b> 1-2yr 1/2bun 1oz meat/cheese 3-5yr 1/2bun 1.5oz meat/cheese 6-12yr 1bun 2oz meat/cheese <b>Cooked Carrots</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Tropical fruit</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>BBQ Pulled Chicken on Bun</b> 1-2yr 1/2bun 1 oz meat 3-5yr 1/2bun 1.5oz meat/cheese 6-12yr 1 bun 2 oz meat/cheese <b>Corn</b> 1-2yr 1/8 cup, 3-5yr 1/4 cup 6-12yr 1/2 cup <b>Peaches</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	<b>Tuna Melt Sandwich ww Bread</b> 1-2yr 1/2bun 1oz Tuna/cheese 3-5yr 1/2bun 1.5oz Tuna/cheese 6-12yr 1bun 2oz Tuna/cheese <b>Mixed Veggies</b> 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup <b>Pineapple</b> 1-2yr 1/8 cup, 3-12yr 1/4cup <b>Milk-VitD/Skim</b> 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
<b>PM Snack</b>				
<b>Cheese it's</b> 1-5yr 1/4c, 6-12yr 1/2c <b>Cottage Cheese</b> 1-5yr 1/8 cup, 6-12yr 1/4 cup <b>Water</b>	<b>Goldfish Crackers</b> 1-5yr 1/4 cup, 6-12yr 1/2 cup <b>100% Grape Juice</b> 1-5yr 1/2cup, 6-12yr 1cup	<b>Yogurt</b> 1-5yr 1/4 cup, 6-12yr 1/2cup <b>Graham Cracker</b> 1-5yr 1 sheet, 6-12yr 2 sheets <b>Water</b>	<b>Blueberry Muffin</b> 1-12yr 1-2x2 slice if made on sheet pan or 1 muffin <b>VitD/Skim Milk</b> 1-2yr 1/2cup, 3-5yr 1/2cup, 6-12yr 1cup	<b>Turkey</b> 1-5yr 1/2oz 6-12yr 1oz <b>Town House Crackers</b> 1-5yr 4 crackers, 6-12yr 8 crackers <b>Water</b>

\* denotes whole wheat