

Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Cheerios* 1-5yr 1/2cup, 6-12yr 1cup	Pancakes 1-5yr 1/2, 6-12yr 1 whole	Kix* 1-5yr 1/2cup, 6-12yr 1cup	Banana Bread 1-12yr 1-2x2 slice if made on sheet pan or 1 muffin 1/2 slice if made in loaf	Life Cereal* 1-5yr 1/2cup, 6-12yr 1cup
Milk-VitD/Skim 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup	Banana 1-2yr 1/2, 3-12yr 1 whole	Milk-VitD/Skim 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup	Frozen Mixed Fruit 1-2yr 1/4 cup, 3-12yr 1/2cup	VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4 cup, 6-12yr 1cup
Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup	Milk-VitD/Skim 1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup	Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup	VitD/Skim 1-2yr 1/2cup, 3-5yr 1/2cup, 6-12yr 1cup	Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup
Lunch				
Chicken Nuggets 1-2yr 3nuggets, 3-5yr 5nuggets 6-12yr 8nuggets	Goulash 1-5yr 1/2cup, 6-12yr 3/4 cup	Tuna & Noodle Casserole 1-5yr 1/2cup, 6-12yr 3/4 cup	Tacos 1-2yr half shell 1oz meat 1tbsp cheese 3-5yr half shell 1.5oz meat 1tbsp cheese 6-12yr whole shell 2oz meat 1tbsp cheese	Pulled Pork on a bun 1-2yr 1/2bun 1oz meat 3-5yr 1/2bun 1.5oz meat 6-12yr 1bun 2oz meat
Green Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup	Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup	Cooked Carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup	Peas 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup	Mixed Veggies 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup
Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup	Mandarin Oranges 1-2yr 1/8 cup, 3-12yr 1/4cup	Tropical Fruit 1-2yr 1/8 cup, 3-12yr 1/4cup	Pears 1-2yr 1/8 cup, 3-12yr 1/4cup	Pineapple 1-2yr 1/8 cup, 3-12yr 1/4cup
Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Milk-VitD/Skim 1-5yr-1/2cup, 6-12yr 1cup	GV WG Saltines* 1-5yr-4 crackers, 6-12yr 8 crackers	Graham Cracker 1-5yr 1 sheet, 6-12yr 2 sheets	Apple Juice 1-5yr-1/2cup, 6-12yr 3/4cup	Great Value WW* Butter Round Crackers 1-5yr 4 crackers 6-12yr 8 crackers
Animal Crackers* 1-5yr 8 crackers, 6-12yr 16 crackers	Sliced Cheese 1-5yr 1 slice=1/2oz, 6-12yr 2 slices=1oz	Yogurt 1-5yr 1/4 cup, 1/2 cup	Goldfish Crackers* 1-5yr 1/4c, 6-12yr 1/2c	Ham Slices 1-5yr 1/2oz, 6-12yr 1oz
		Water		Water

Not under 12 months.

* denotes whole wheat

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Frosted Mini Wheats* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	WWToast w/jelly* 1-5yr 1/2 slice 6-12yr 1 whole slice Banana Slices 1-5yr 1 whole, 3-12yr 1.5 bananas Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Multi Grain Cheerios* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Blueberry muffins 1-5yr 1/2 slice, 6-12yr 1whole Strawberries 1-2yr 1/4 cup, 3-12yr 1/2cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Frosted Mini Wheats* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup
Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup		Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup		
Lunch				
Pizza Burgers on Bun 1-2yr 1/2bun 1oz meat/1tbsp cheese 3-5yr 1/2bun 1.5oz meat/1tbsp cheese 6-12yr 1bun 2oz meat/1 tbsp cheese Green Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Spaghetti w/meatsauce 1-5yr 1/2cup, 6-12yr 3/4 cup Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Tacos 1-2yr half shell 1oz meat 1tbsp cheese 3-5yr half shell 1.5oz meat 1tbsp cheese 6-12yr whole shell 2oz meat 1tbsp cheese Cooked Carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Tropical Friut 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	BBQ Pulled Chicken on Bun 1-2yr 1/2bun 1 oz meat 3-5yr 1/2bun 1.5oz meat 6-12yr 1 bun 2 oz meat Peas 1-2yr 1/8 cup, 3-5yr 1/4 cup 6-12yr 1/2 cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Ham & Cheese Sandwich w/ WW bread* 1-2yr 1/2 bread 1/2 slice meat-1slice cheese=1oz 3-5yr 1/2 bread-1slice meat-1 slice cheese=1.5oz 6-12yr 1 bread-1 slice meat- 2-slices cheese=2oz Mixed Veggies 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pineapple 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Wheat thins* 1-5yr 6 crackers, 6-12yr 12 crackers Raisins 1-5yr 1/4 cup, 6-12yr 1/2 cup Water	Goldfish Crackers* 1-5yr 1/4 cup, 6-12yr 1/2 cup 100% Grape Juice 1-5yr 1/2cup, 6-12yr 3/4cup	Yogurt 1-5yr 1/4 cup, 6-12yr 1/2cup Graham Cracker* 1-5yr 1 sheet, 6-12yr 2 sheets Water	Chex Mix* 1-5yr 1/4 cup, 6-12yr 1/2 cup Apple Juice 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Club Crackers 1-5yr 4 crackers 6-12yr 8 crackers String Cheese# 1-5yr 1/2 stick, 6-12yr 1 whole stick Water
* 2 years and under, Wheat thins, break up into pieces		*if HONEY, not under 12 months.		# 2 years and under, sliced LONG Ways!

Not under 12 months.

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Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Kix* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	Pancakes 1-5yr 1/2, 6-12yr 1 whole Banana 1-2yr 1/2, 3-12yr 1 whole Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Life* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	Waffles 1-2yr 1/2 waffle, 3-5yr 1/2 waffle, 6-12yr 1 waffle Mixed Fruit 1-2yr 1/4 cup, 3-12yr 1/2cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Cheerios* 1-5yr 1/2cup, 6-12yr 1cup VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4 cup, 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup
Lunch				
Pizza Casserole 1-5yr 1/2cup, 6-12yr 3/4 cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Green Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chicken & Noodles 1-5yr 1/2cup, 6-12yr 3/4 cup Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Meatloaf 1-2yr- 1oz meat, 3-5yr- 1.5oz meat 6-12yr- 2oz meat Bread* and Butter 1-5yr 1/2 slice, 6-12yr 1 whole slice Baked Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Tropical fruit 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chicken sandwich 1-2yr 1/2bun 1oz meat (1 whole patty) 3-5yr 1/2bun 1.5oz meat (1 1/2 patties) 6-12yr 1bun 2oz meat (2 patties) Peas 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Chili 1-5yr 1/2cup, 6-12yr 3/4 cup Saltines 1-5yr 4 crackers, 6-12yr 8 crackers Cooked Carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pineapple 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Milk-VitD/Skim 1-5yr-1/2cup, 6-12yr 1cup Animal Crackers* 1-5yr 8 crackers, 6-12yr 16 crackers	GV WG Saltines * 1-5yr-4 crackers, 6-12yr 8 crackers Sliced Cheese 1-5yr 1 slice=1/2oz, 6-12yr 2 slices=1oz Water	Graham Cracker* 1-5yr 1 sheet, 6-12yr 2 sheets Yogurt 1-5yr 1/4 cup, 1/2 cup Water *if HONEY, not under 12 months.	Apple Juice 1-5yr-1/2cup, 6-12yr 3/4cup Goldfish Crackers* 1-5yr 1/4c, 6-12yr 1/2c	Great Value WW* Butter Round Crackers 1-5yr 4 crackers 6-12yr 8 crackers Ham Slices 1-5yr 1/2 slice=1/2oz, 6-12yr 1slice=1oz Water

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Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast				
Cheerios* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2cup	Blueberry muffins 1-5yr 1/2 slice, 6-12yr 1whole Banana Slices 1-5yr 1 whole, 3-12yr 1.5 bananas Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Kix* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup	WWToast w/jelly* 1-5yr 1/2 slice 6-12yr 1 whole slice Strawberries 1-2yr 1/4 cup, 3-12yr 1/2cup Milk-VitD/Skim 1-2yr-1/4cup,3-5yr 3/4 cup 6-12yr 1cup	Frosted Mini Wheats* 1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup Orange Juice 1-2yr 1/4cup, 3-12yr 1/2 cup
Lunch				
Sloppy Joes 1-2yr 1/2bun 1oz meat, 3-5yr 1/2bun 1.5oz meat 6-12yr 1bun 2oz meat Corn 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peaches 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Mac & Cheese 1-5yr 1/2cup, 6-12yr 3/4 cup All Beef Hot Dog 1-2yr 1/2 hot dog, 3-5yr 1 hot dog, 6-12yr 1 hot dog Diced carrots 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Tropical Friut 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Tator Tot Casserole 1-5yr 1/2cup, 6-12yr 3/4 cup Green Beans 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Applesauce 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup Bread and Butter 1-5yr 1/2 slice, 6-12yr 1 whole slice	Turkey & Cheese Sandwich w/ WW bread* 1-2yr 1/2 bread 1/2 slice meat-1slice cheese=1oz 3-5yr 1/2 bread-1slice meat-1 slice cheese=1.5oz 6-12yr 1 bread-1 slice meat- 2-slices cheese=2oz Peas 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup	Beef and Noodles 1-5yr 1/2cup, 6-12yr 3/4 cup Mixed Veggies 1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pineapple 1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim 1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup
PM Snack				
Wheat thins* 1-5yr 6 crackers, 6-12yr 12crackers Raisins 1-5yr 1/4 cup, 6-12yr 1/2 cup Water	Goldfish Crackers* 1-5yr 1/4 cup, 6-12yr 1/2 cup 100% Grape Juice 1-5yr 1/2cup, 6-12yr 3/4cup	Yogurt 1-5yr 1/4 cup, 6-12yr 1/2cup Graham Cracker* 1-5yr 1 sheet, 6-12yr 2 sheets Water	Chex Mix* 1-5yr 1/4 cup, 6-12yr 1/2 cup Apple Juice 1-2yr-1/2cup,3-5yr 3/4 cup 6-12yr 1cup	Club Crackers 1-5yr 4 crackers 6-12yr 8 crackers String Cheese 1-5yr 1/2 stick, 6-12yr 1 whole stick Water
* 2 years and under, Wheat thins, break up into pieces		*if HONEY, not under 12 months.		

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