



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, bananas, and milk	Cereal, mandarin oranges and milk	Cereal, cinnamon apples and milk	Cereal, tropical fruit and milk	Cereal, mixed fruit and milk
AM Snack	Veggie straws, cottage cheese and water	Soy butter, crackers and water	Goldfish trail mix and juice	Pancake with syrup, sliced apples and water	Biscuits with honey and milk
Lunch	Fish sticks, peas and carrots, pineapple and milk	Cheese-filled tortellini with tomato sauce, applesauce and milk	Turkey and cheese sandwich, bananas, peas and milk	Hot dogs, biscuits, green beans, fruit medley and milk	Chicken and noodles with peas, apple sauce and milk
PM Snack	Graham crackers, bananas and milk	Fruit and cereal bar and water	Carrots, cucumbers with ranch, crackers and water	Cheese and crackers and water	Pretzels, hummus dip and water



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal, peaches and milk	Cereal, pineapple and milk	Cereal, apples and milk	Cereal, mandarin oranges and milk	Cereal, pears and milk
AM Snack	Spinach and fruit smoothie, goldfish and water	English muffin with jam and water	Oatmeal with brown sugar and raisins, milk and water	Biscuits, sausage and water	Cottage cheese, whole grain crackers and water
Lunch	Pancake and sausage bite, green beans, pears and milk	Chicken and rice, carrots, pears and milk	Beef and bean burritos, peas, carrots and milk	Chicken nuggets, tropical fruit, broccoli and milk	Cheese pizza, cauliflower, peas and milk
PM Snack	Cheese stick, pretzels and water	Goldfish trail mix and juice	Tuna salad with crackers and water	Veggie chips with hummus and water	Graham crackers with chocolate cream cheese spread and water