

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Mixed Fruit Milk	Oat Bran Muffin Banana Milk	Scrambled Eggs Cantaloupe Milk	Oatmeal WG Toast Blueberries Milk	Eng. Muffin Pineapple Milk
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Pears Milk	Cin. Raisin Toast Applesauce Milk	Biscuit Sausage Gravy Peaches Milk	Oatmeal WG Toast Honey Dew Melon Milk	French Toast Sticks Blueberries Milk
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Fruit Cocktail Milk	Croissants Bananas Milk	Pancakes Oranges Milk	Oatmeal WG Toast Pears Milk	WG. Toast Hard Boiled Egg Tropical Fruit Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Watermelon Milk	Bagels Apples Milk	Waffles Raspberries Milk	Oatmeal WG Toast Mango Milk	Spinach Frittata Apricots Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Cold Cereal Pineapple Milk	WG Toast Sausage Pears Milk	Blueberry Muffin Bananas Milk	Oatmeal WG Toast Plums Milk	Scones Cantaloupe Milk

Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Ham Sandwich Hummus Sandwich Carrots Watermelon Milk WG Bread	Chicken Noodles Bean and Noodles Peas Pears Egg Noodles Milk	Pesto Pasta w/diced Chicken Pesto Pasta w/Cheese Yellow Squash Peaches Milk WG. Pasta	Cheese Enchiladas Refried Beans Mangos WG Tortillas Milk	French Dip Black Bean Burger Tuscan Blend Cantaloupe Hoagie Bun Milk
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Bean and Cheese Burrito Catalina Blend Peaches WG Tortilla Milk	Sloppy Joes Black Bean Burger Mixed Veggies Apricots WG Bun Milk	Tuna Salad Sandwich Tofu Sandwich Spread Cucumbers Bananas WG Bread Milk	Cheesy Ham Hash browns Cheesy Hash browns Broccoli Pineapple WG Roll Milk	Southwest Chicken Bowl Black Bean Rice Bowl Corn Applesauce Brown Rice Milk
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Cheese Pizza Peas Mango WG Bun Milk	Turkey Wraps Hummus Wraps Beets Pineapple Tomato Tortilla	Meatball Subs Black Bean Burger Cauliflower Honey Dew Melon Hoagie Bun Milk	Beef Broccoli Tofu Stir-fry Blend Strawberries Blueberries for Pretoddlers Brown Rice Milk	Spaghetti W/ Marinara Sauce and Mozz. Cheese Brussel Sprouts Bananas WG Pasta Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Chicken Breast Soy Nugget Zucchini Mixed Fruit Milk WG Rolls	Red Beans and Rice Carrots Peaches Brown Rice Milk	Chef's Salad w/ Diced Ham, Egg, and Cheese Cucumbers Tropical Fruit Bread Sticks Milk	Cheeseburgers Black Bean Burgers Sweet Potatoes Bananas WG Bun Milk	Grilled Cheese Mixed Veggies Plums WG Bread Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5

	Beef Tacos Bean Tacos Corn on Cob Mangos WG Tortillas Milk	Sweet and Sour Chicken Sweet and Sour Tofu Stir Fry Blend Oranges Brown Rice Milk	Black Bean Quesadillas Chuck wagon Blend Watermelon WG Tortilla Milk	Veggie Lasagna Green Beans Apples Lasagna Noodles Milk	Baked Potato Toppings: Ham, Cheese, Sour cream Asparagus Fruit Cocktail Bread Sticks Milk
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Week 1	Day 1	Day 2	Day 3	Day 4	Day 5
	Cott. Cheese Peaches Water	Strawberries and Blueberries Milk	Fruit and Grain Mix Milk	Yogurt Animal Crackers Water	Cook's Choice Milk
Week 2	Day 1	Day 2	Day 3	Day 4	Day 5
	Carrots Hummus Water	Ranch Crackers Milk	Nutrigrain Bar Pears Water	Nectarines Milk	Sugar Snap Peas Cheese Cubes Water
Week 3	Day 1	Day 2	Day 3	Day 4	Day 5
	Bug Bite Grahams Plums Water	Tortilla Chips Crackers for Pre-toddlers Guacamole Water	Triscuits Mangos Water	Apples Milk	Cook's Choice Milk
Week 4	Day 1	Day 2	Day 3	Day 4	Day 5
	Cinn. Raisin Bread Pears Water	Ritz Cheese Sticks Water	Soft Pretzels Milk	Bruschetta Milk	Cook's Choice Milk
Week 5	Day 1	Day 2	Day 3	Day 4	Day 5
	Bananas Cheerios Water	Cucumbers Dill Dip Water	Goldfish Crackers Milk	Hard Boiled Eggs Saltines Water	Bagels Milk