

Week 1	3	4	5	6	7
Breakfast	Cheerios Banana Milk	Pancakes Strawberry Milk	Chex cereal Apples Milk	French Toast fruit Milk	
Snack AM	Teddy Grahams	animal crackers	Pop Tarts	cereal bar	
Lunch	Nuggets Fries Roll Orange Milk	Chicken pasta broccoli Roll fruit	Beans/sausage Rice apples Milk	Fish Sticks Carrots bread Pineapples Milk	
Vegetarian	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	
Snack PM	Cheddar Chex Mix & Juice	Cucumbers & bananas	apples & sunbather	Pretzles & Cheese	
Week 2	10	11	12	13	14
Breakfast	Cheerios Applesauce Milk	Waffles Strawberry Milk	Hashbrown Eggs Raspberries Milk	Sausage & Biscuit pineapple Milk	Rice Krispie Cereal Apple Slices Milk
Snack AM	toast w/ jelly	Cinnamon muffins	Bananas & Grahams	Toast & Avocado	pretzels
Lunch	Cheese Quesadilla Beans Oranges Milk	Beef Spaghetti Roll Green Beans Pears Milk	Chicken broccoli Rice casserole Peaches Milk	sloppy joes fries Pineapples Milk	cheese pizza salad Apples Milk
Vegetarian	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative
Snack PM	Cheez-its Juice	Peppers & Hummus	Chips & Salsa	Ritz & Cubed Cheese	Pretzels & Juice
Week 3	17	18	19	20	21
Breakfast	Cheerios Apples Milk	Pancakes Strawberry Milk	cereal Applesauce Milk	Muffins Blueberries Milk	Rice Krispie Cereal Apple slices Milk
Snack AM	Yogurt & Granola	muffins	String Cheese	Teddy Grahams	Fig Bar
Lunch	Beef soft taco corn apples milk	Mac N Cheese Diced turkey Peas Pears Milk	Pinto Beans w/sausage Rice Peaches Milk	chicken&rice green beans Pineapples Milk	Chicken sandwich tots fruit milk
Vegetarian	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative
Snack PM	saltines & juice	Guac & Chips	Cheese its & juice	graham & oranges	Animal crackers & juice
Week 4	24	25	26	27	28
Breakfast	Cheerios Pears Milk	Waffles Applesauce Milk	Oatmeal Banana Milk	pancake on stick peaches Milk	Rice Krispie Cereal fruit Milk
Snack AM	Cinnamon Toast	Brown Sugar Baked Squares	Pop Tarts	Goldfish	Fig Bars
Lunch	Cheeseburger Fries Oranges Milk	Meatballs Green Beans roll Pears Milk	BBQ Chicken Rice Beans Peaches Milk	Tator tot casserole Pineapples Milk	Pizza Salad Apples Milk
Vegetarian	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative	Plant Based Alternative
Snack PM	Cheez Itz & Juice	Yogurt & Granola w/Blueberries	Cucumbers Carrots Ranch	Chips & Nacho Cheese	Goldfish & Juice
Week 5	31				
Breakfast	Cheerios peaches Milk				
Snack AM	trail mix				
Lunch	Grilled Cheese tater tots Oranges Milk				
Vegetarian	Plant Based alternative				
Snack PM	rice cakes & sunbutter				

