





	1	2	3	4	5
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Blueberry muffin, Bananas	Wholegrain toast, fruit cocktail	Waffles, blueberries	Eggs and ham, applesauce	Kix cereal, strawberries
Lunch	Fish sticks, green beans, wholegrain bread, orange slices	Pepperoni & cheese pizza on a wholegrain bun, peaches, cucumber slices	Frito pie, corn, apple slices, wholegrain crackers	Elbow noodles w/cheese and wieners, peas, pineapples	Hotdogs on wholegrain bread, green beans, fruit cocktail
Snack PM	Club crackers, turkey	Animal crackers, bananas	Goldfish, Yogurt	Crackers, cheese	Pretzels, applesauce
Week 2	8	9	10	11	12
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Oatmeal, peaches	Eggs, pineapple	Wholegrain toast, sliced ham, oranges	Yogurt, Strawberries	Cornflakes cereal, bananas
Lunch	Chicken nuggets, corn, wholegrain bread, pineapples	Meatballs & gravy, mashed potatoes, wholegrain bread, grapes	Chicken patty, broccoli, pineapple, wholegrain crackers	Spaghetti w/hamburger meat, mixed veggies, fruit cocktail, sliced wholegrain bread	Turkey cheese wholegrain sandwich, celery, sun chips, apple slices
Snack PM	Pretzels, carrots	Graham crackers, apple sauce	Animal crackers, bananas	String cheese, ritz	Rice cakes, sunbutter
Week 3	15	16	17	18	19
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Yogurt, apple slices	Eggs, peaches	Pancakes, peaches	Wholegrain toast, turkey sausage, fruit cocktail	Life cereal, strawberries
Lunch	Ravioli, wholegrain crackers, mixed veggies, peaches	Chicken spaghetti, green beans, pineapple, wholegrain bread	Frito pie, corn, fruit cocktail, wholegrain crackers	Chicken sandwich, sweet potato fries, strawberries	Hotdogs on wholegrain bread, green beans, fruit cocktail
Snack PM	Club crackers, cantaloupe	animal crackers, bananas	goldfish, yogurt	Crackers, cheese	Sun chips, applesauce
Week 4	22	23	24	25	26
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Oatmeal, peaches	Eggs, wholegrain toast, fruit cocktail	French toast, fruit cocktail	Yogurt, Strawberries	Cornflakes cereal, bananas
Lunch	Chicken nuggets, corn, wholegrain bread, pineapples	Bean & cheese burritos, corn, fruit cocktail	Ravioli, wholegrain crackers, green beans, peaches	Meatballs & gravy, mash potatoes, wholegrain bread, Pineapple	Turkey, cheese wholegrain sandwich, carrots, sun chips, orange slices
Snack PM	Sun chips, carrots	Graham crackers, apple sauce	Cheez-itz, sliced turkey	String cheese, Ritz	Rice cake, sunbutter
Week 5	29	30			
Breakfast	Cereal	Cereal			
Snack AM	Blueberry muffin, Bananas	Wholegrain toast, fruit cocktail			
Lunch	Fish sticks, green beans, wholegrain bread, orange slices	Pepperoni & cheese pizza on a wholegrain bun, peaches, cucumber slices			
Snack PM	Club crackers, turkey	Animal crackers, bananas			