

Week 1	2	3	4	5	6
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Life Cereal, Blueberries	Scrambled eggs with cheese, corn tortilla, watermelon	French toast, peaches with cinnamon	Yogurt, cantaloupe	Wholegrain cinnamon toast, pineapple
Lunch	Chicken nuggets, corn, wholegrain bread, applesauce	Meatballs & gravy, mashed potatoes, wholegrain bread, mixed fruit	Frito Pie, corn, fruit cocktail, wholegrain crackers	Spaghetti with meatballs, garden salad, peaches, wholegrain bread	Ham and cheese sub, carrots, Sun chips, watermelon
Snack PM	Animal crackers, bananas	Club crackers, apple slices	Goldfish, raisins	Crackers, sliced cheese	Popcorn, applesauce
Week 2	9	10	11	12	13
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Oatmeal, peaches	Toast bread, scrambled eggs, apple sauce	Waffles, strawberries	Corn crisp cereal, bananas	Wholegrain toast, scrambled eggs, pineapple
Lunch	Chicken patty, broccoli with shredded cheese, wholegrain bread, pineapples	Chicken rice casserole, carrots, fruit cocktail, wholegrain crackers	Ravioli, wholegrain crackers, green beans, peaches	Chicken alfredo, mixed veggies, pineapple, wholegrain bread	Beef burger with cheese, cucumber slices, Fritos, mixed fruit salad
Snack PM	Pretzels, fresh veggies	Graham crackers, bananas	Cheez- It, sliced turkey	Ritz, string cheese	Rice cakes, sun butter
Week 3	16	17	18	19	20
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Muffins, applesauce	Chex cereal, blueberries	Scrambled egg, corn tortilla, watermelon	Yogurt, peaches	Turkey sausage, toast bread, bananas
Lunch	Chicken nuggets, mashed potatoes, wholegrain bread, pineapples	Fish Sticks, green beans, mixed fruit, wholegrain bread	Frito pie, corn, fruit cocktail, wholegrain crackers	Spaghetti with meatballs, garden salad, pineapple, wholegrain bread	Turkey and cheese wholegrain sandwich, cucumber, Sun chips, cantaloupe
Snack PM	Animal crackers, bananas	Club crackers, apple slices	Goldfish, raisins	Crackers, sliced cheese	Popcorn, applesauce
Week 4	23	24	25	26	27
Snack AM	Cereal	Cereal	Cereal	Cereal	Cereal
Breakfast	Wholegrain toast, oatmeal, orange slices	Pancakes, applesauce	Wholegrain toast, scrambled eggs, watermelon	Oatmeal, peaches	Kix cereal, strawberries
Lunch	Hotdogs, baked beans, celery, apple slices	Bean cheese burritos, corn, peaches, wholegrain cracker	Chicken sandwich, cucumbers, pineapple, Sun chips	Turkey pepperoni and cheese on a bun, corn, pineapple	Turkey and cheese sandwich on a wholegrain bread, carrots, watermelon, Fritos
Snack PM	Pretzels, fresh veggies	Graham crackers, bananas	Cheez- It, sliced Turkey	Wholegrain crackers, string cheese	Rice cakes, sun butter

All meals served with milk (whole milk for 1-year olds and 1% milk for 2-year olds and older)