

Week 1	29	30	1	2	3
Breakfast			French toast sticks, fruit	Cereal, fruit	
Snack AM			Vanilla wafers	Veggie straws	
Lunch			Chicken teriyaki, mixed veggies, pineapple	Chicken nuggets, corn, fruit	CLOSED
Snack PM			Pretzels, carrots	Graham Crackers, Banana	
Week 2	6	7	8	9	10
Breakfast	Oatmeal, Blueberries	Pancakes w Syrup, Fruit	Bagels w butter, Fruit	Raisin cinnamon toast, Fruit	WG cereal, Fruit
Snack AM	Nutrigrain bar	cuties	Graham crackers	Fig bar	Special k bar
Lunch	Baked chicken, Green beans, Fruit	Cheeseburger Mac, Corn, Fruit	Burritos, Spanish rice, salad, Fruit	Chicken Spaghetti, Broccoli, Fruit, WG garlic toast	Fish sticks, Green beans, WG Crackers, Fruit
Snack PM	Ritz, Sliced turkey	Cheese itz, Yogurt	WG Crackers, Sliced cheese	Animal crackers, Raisins (yogurt for 3 and under)	Trail mix, Apple juice
Week 3	13	14	15	16	17
Breakfast	Egg, Biscuit, Fruit	French Toast, Fruit	Egg, Turkey bacon, Fruit	Waffles, Fruit	Yogurt, fruit
Snack AM	Belvita bar	Banana	Vanilla wafers	Veggie straws	Trail mix
Lunch	Chicken sandwich, sunchips, Cucumber salad, Fruit	BBQ meatballs, Peas, Rolls, Fruit	Chicken rice casserole, Carrots, Fruit	Spaghetti w meat sauce, Green beans, Fruit	Turkey & cheese sandwich, baked chips, sliced cucumber, fruit
Snack PM	Club crackers, String cheese	Goldfish, Applesauce	Pretzels, Hummus	Graham Crackers, Banana	Rice cake, sunbutter
Week 4	20	21	22	23	24
Breakfast	Oatmeal, Blueberries	Pancakes, Fruit	Bagels, Cream cheese, Fruit	Scrambled eggs, Hashbrown, Fruit	WG cereal, Banana
Snack AM	Nutrigrain bar	cuties	Graham crackers	Fig bar	Special k bar
Lunch	Chicken nuggets, corn, potatoes, wg roll, fruit	Rotini Pasta, Garden Salad, Fruit	Beef taquitos, Spanish rice w veggies, fruit	Chicken alfredo, broccoli, garlic toast, fruit	Fish sticks, Green beans, WG crackers, Fruit
Snack PM	Ritz, sliced turkey	Cheese itz, Yogurt	WG Crackers, Sliced cheese	Animal crackers, Raisins (yogurt for 3 and under)	Trail mix, Apple juice
Week 5	27	28	29	30	31
Breakfast	Scrambled egg, Toast, Fruit	Waffles, Fruit	Turkey Sausage, Biscuit, Fruit	French Toast, Fruit	Yogurt, Fruit
Snack AM	Belvita bar	Banana	Vanilla wafers	Veggie straws	Trail mix
Lunch	Hamburgers, Fries, Lettuce & tomatoes, Fruit	Mac-n-cheese w beef hotdog, Green beans, Fruit	Chicken teriyaki, Fried rice w veggies, Fruit	Spaghetti w meat sauce, Corn, Fruit, WG bread	Nacho deluxe (meat, lettuce, tomatoes) fruit
Snack PM	Club crackers, String cheese	Goldfish, Applesauce	Pretzels, Carrots	Graham Crackers, Banana	Rice cake, sunbutter

All meals served with water, whole milk for age 1-2, 1% for ages 2 and over