



| Week 1            | 3   | 4  | 5  | 6   | 7  |
|-------------------|---|--|--|---|--|
| Breakfast         | WG Cereal/Raisins   | Pancakes/ Apple Slices                                     | WG Cheese Toast/ Fresh Pineapples                            | Scrambled Eggs W. Cheese & Turkey Sausage/ Bananas          | Vanilla Greek Yogurt/ Berries                            |
| Snack AM          | Low Fat yogurt W. Fruit (Yoplait)                         | Goldfish   | Cheez- It  | Fruit Cups  | Animal Crackers  |
| Lunch             | Meatball & Rice Stew/ Vegetables/Peaches                  | WG Refried Beans Quesadillas/ Corn/ Pears                  | Chicken Nuggets/ WW Bread/ Mashed Potatoes/ Mandarin Oranges | Chicken Noodle Soup/ WW Saltine Crackers                    | Mini Corn Dogs/ Salad/ Fruit medley                      |
| <i>Vegetarian</i> | <b><i>Veggie Patty</i></b>                                |  | <b><i>Plant Based Nuggets</i></b>                            | <b><i>Plant Based &amp; Veggie Soup</i></b>                 | <b><i>Plant Based Corn Dogs</i></b>                      |
| Snack PM          | Pretzels/ Apple Juice                                     | Club Cracker/ Applesauce                                   | Hawaiian Bun/ String Cheese                                  | Pita Chips/ Apple Juice                                     | Cheese Sun WG Chips/ Apple Juice                         |
| Week 2            | 10  | 11   | 12   | 13  | 14   |
| Breakfast         | WG Cereal/Raisins   | Waffles/ Apple Slices                                      | WG Bagel/ Cream Cheese/ Berries                              | Chicken Sausage/ Hash Brown/ Apple Slices                   | Vanilla Greek Yogurt/ Protein Granola/ Banana            |
| Snack AM          | WG Blueberry & Raspberry Bars                             | WG Cinnamon Biscuit  | Vegetable Chips  | WG Nutri Grain Bars   | Blueberry Muffin   |
| Lunch             | Chicken Fingers/Broccoli/ WW Bread/ Pineapples            | Turkey Bacon Cheeseburger/ Salad/Pears                     | Creamy Cheese Tortellini W. Shrimp/ Broccoli/ Peaches        | Chicken Pesto Pasta/ Veggie Mix/Mandarin Oranges            | Turkey Hot Dogs/Corn/Fruit Medley                        |
| <i>Vegetarian</i> | <b><i>Plant Based Fingers</i></b>                         | <b><i>Plant Based Cheeseburger</i></b>                     | <b><i>Cheese Tortellini</i></b>                              | <b><i>Pesto Pasta</i></b>                                   | <b><i>Plant Based Hot Dogs</i></b>                       |
| Snack PM          | Trail Mix/ Apple Juice                                    | Cherry Mixed Fruit/ Ritz Crackers                          | Rice Cake/ Cheddar Cheese Stick                              | Quinoa Corn Tortilla Chips/ SemiSoft Cheese                 | WG Wheat Thins/ Apple Cheese                             |
| Week 3            | 17  | 18   | 19   | 20  | 21   |
| Breakfast         | WG Cereal/Raisins   | French Toast/ Apple Slices                                 | Hawaiian Bread W. Cheese/ Bananas                            | Scrambled Eggs W. Cheese & Turkey Sausage/ Fresh Pineapples | Vanilla Greek Yogurt/ Berries                            |
| Snack AM          | Yogurt Pouches  | WG Honey Graham Crackers                                   | Jello-O  | WG Salsa Sun Chips/ Apple Juice                             | Fruit Cups   |
| Lunch             | Fish Sticks/ Mashed Potatoes/WW Bread/ Peaches            | Whole Grain Chicken Burrito/ Black Beans /Mandarin Oranges | Oranges Chicken & Carrots/ White Rice/Pineapple              | Meatball Spaghetti/ Salad/ Pears                            | Turkey, Cheese & Salad WW Spinach Wrap/ Fruit Medley     |
| <i>Vegetarian</i> | <b><i>Plant Based Fish</i></b>                            | <b><i>Beans Burrito</i></b>                                | <b><i>Plant Based Orange Chicken</i></b>                     | <b><i>Plant Based Patty</i></b>                             | <b><i>Quesadilla</i></b>                                 |
| Snack PM          | Chex Mix/ Apple Juice                                     | White Cheddar Popped Corn Snack/ String Cheese             | Cheese Sun WG Chips/ Apple Juice                             | Club Crackers & String Cheese                               | Corn Tortilla Chips/ Salsa Queso                         |
| Week 4            | 24  | 25   | 26   | 27  | 28   |
| Breakfast         | WW Cereal/Raisins   | Pancakes/ Apple Slices                                     | Honey Butter Biscuits/ Fresh Mandarin Oranges                | WG Toast Bread & Scrambled Eggs W. Cheese/ Banana           | Vanilla Greek Yogurt/ Protein Granola                    |
| Snack AM          | Goldfish  | WG Oatmeal Crumble Strawberry                              | Low Fat yogurt W. Fruit (Yoplait)                            | Cheez- It   | Animal Crackers  |
| Lunch             | Chicken & Zucchini Fettuccine Alfredo /Veggie Mix Peaches | Chili W. Beans Cheese Nachos/ Mandarin Oranges             | Turkey & Cheese Croissant/Broccoli/ Pineapples               | Chicken Enchilada Casserole/ Corn/Pears                     | Chicken Nuggets/ WG Bread/ Mashed Potatoes/ Fruit Medley |
| <i>Vegetarian</i> | <b><i>Plant Based &amp; Zucchini Fettuccine</i></b>       | <b><i>Beans Cheese Nacho</i></b>                           | <b><i>Cheese Croissant</i></b>                               | <b><i>Plant Based Enchilada</i></b>                         | <b><i>Plant Based Nuggets</i></b>                        |
| Snack PM          | WG Saltine Crackers/Applesauce                            | Pita Chips/ Cheddar Cheese Stick                           | WG Saltine Crackers/ Fruit Cups                              | Cherry Mixed Fruit/ Ritz Crackers                           | WG Salsa Sun Chips/ Apple Juice                          |

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