

Menu for the week of _____

Time	Food	Monday	Tuesday	Wednesday	Thursday	Friday
8:30 AM – 9:00 AM						
Breakfast	Fruit/Juice Bread and/or cereal Dairy food*	Cheerios Pear Milk	Cheesy Bagels Banana Milk	Waffles Fruit cocktail Milk	Wheat toast Apple sauce Milk	Corn bread Peaches Milk
11:45 AM – 12:15 PM						
Lunch	Meat or Alternatives Vegetable and/or Fruit (2 items) Whole grain and/or enriched breads/cereal/pasta Milk	Grilled Cheese Sandwich Mixed vegetable Peaches Milk	Chicken noodle soup Corn Crackers Apple slices Milk	Bean burrito with cheese Green salad Apple sauce Milk	Chicken gravy Mashed potatoes Green beans Wheat bread Pear Milk	Tuna Salad Sandwich Broccoli Pear Milk
3:00 PM – 3:30 PM						
Afternoon snack	2 of 4 1. Fruit, juice, vegetable 2. Bread/cereal 3. Protein food 4. Dairy food	Banana with Nilla wafers Water	Wheat thins Pear Water	Ritz crackers and celery Water	Yogurt with strawberries Water	Cheez-it Carrots Kiwi strawberry juice
5:30 pm – 6:00 pm						
Late afternoon snack	2 of 4 1. Fruit, vegetable 2. Bread/cereal 3. Protein food 4. Dairy food	Mini pretzels Apple juice	Fish crackers Orange slices Water	Muffins Apple juice	Ritz with cheese Water	Chex mix Apple slices Water

*Milk is the required “Dairy food” for breakfast and is one of the options for snack

Menu 1

