

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 Banana Milk	English muffins Pear Milk	Pancake Peaches Milk	Pumpkin bread Pineapple Milk	Biscuits 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	Spaghetti w meat sauce and cheese Broccoli & cauliflower Pineapple Milk	Chicken sandwich w bun Fruit cocktail Peas Milk	Corn dog Pears Peas and carrots Pineapple Milk	Teriyaki chicken w rice Corn Peaches Milk	English muffin Cheese pizza Peas and carrots Apples 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 bread Kiwi strawberry juice	Tortilla chips Salsa Water	Fish crackers Cherry mango juice	Quesadilla Water	Oatmeal cookie Banana Water
5:30 pm – 6:00 pm						
Late afternoon snack	2 of 4 1. Fruit, vegetable 2. Bread/cereal 3. Protein food 4. Dairy food	Pineapple with club cracker Water	Bagels Milk	Pretzels Grape Water	Apple sauce Saltines Water	Graham crackers Milk

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

Menu 2

