

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*	Cornflakes Banana Milk	Banana bread Peaches Milk	Oatmeal Pear Milk	Blueberry muffin Fruit cocktail Milk	Wheat toast Apple slices 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	BBQ beef sandwich Green beans Apple slices Milk	Tater tot casserole w corn and chicken Wheat bread Pear Milk	Chili w rice Mixed vegetable Apple slices Milk	Turkey and cheese sandwich Broccoli, cauliflower, carrot Pear Milk	Taco salad Garlic bread Fruit cocktail 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	Saltine w American cheese Water	Banana w nilla wafers Water	Chex mix Pineapple Water	Pretzels Orange slices Water	Ritz crackers Cherry mango 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	Quesadilla Water	Pretzel Raspberry juice	Rice cake Banana Water	Nilla wafers Raspberry juice	Cheerios and raisin Water

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

Menu 3

