

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 w raisins Cranberry Milk	Wheat bread Bananas Milk	Pancake Pear Milk	English muffins Apple sauce Milk	Oatmeal Banana 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	Chicken noodle casserole Corn Fruit cocktail Milk	Chicken nuggets Wheat bread Mixed vegetable Peaches Milk	Ham sandwich Peas, corn Banana Milk	Hotdog w bun Pork-n-beans Fruit cocktail Milk	Macaroni & cheese Broccoli, cauliflower 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	Blueberry muffin Apple slices Water	Graham crackers Kiwi strawberry juice	Chex mix Apple slices Water	Brownies Milk	Crackers and cheese 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	Quesadilla Water	Rice cakes Apple Juice	Wheat bread w cheese Water	Wheat thins Orange slices Water	Animal crackers Apple juice

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

Menu 4

