



Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Cereal (G) 100% Orange or Apple Juice (F) Milk (D)	Corn Muffins (G) Applesauce(F) Milk (D)	Cereal (G) 100% Orange or Apple Juice (F) Milk (D)	Oatmeal (G) WG Toast (G) 100% Orange or Apple Juice (F) Milk (D)	Cereal (G) 100% Orange or Apple Juice (F) Milk (D)
<b>AM Snack</b>	Crackers Water	Pretzels Water	Crackers Water	Grahams Water	Crackers Water
<b>Lunch</b>	<b>PreK, SA</b>	<b>PreK, SA</b>	<b>PreK, SA</b>	<b>PreK, SA</b>	<b>PreK, SA</b>
	WG Breaded Chicken Nuggets (G)(P) Corn (V) Mandarin Oranges (F) Milk (D) *CN	WG Turkey Fritter(P) Brown Rice(G) Broccoli(V) Peaches (F) Milk (D)	Hamburger (P) on WG Bun (G) Baked Beans (V) Pineapple Tidbits (F) Milk (D) *CN	Mac & Cheese w/Beef (P) Peas & Carrots (V) Diced Pears (F) WG Bread (G) Milk (D)	Pigs in a Blanket(G)(P) Tater Tots(V) Diced Peaches(F) Milk(D)
	<b>Twos, Infants &amp; Toddlers</b>	<b>Twos, Infants &amp; Toddlers</b>	<b>Twos, Infants &amp; Toddlers</b>	<b>Twos, Infants &amp; Toddlers</b>	<b>Twos, Infants &amp; Toddlers</b>
	WG Breaded Chicken Nuggets (G)(P) Creamed Corn (V) Mandarin Oranges (F) Milk (D) *CN	WG Turkey Fritter(P) Brown Rice(G) Broccoli(V) Fruit Peaches (F) Milk (D)	Hamburger (P) on WG Bun (G) Baked Beans (V) Pineapple Tidbits (F) Milk (D) *CN	Mac & Cheese w/Beef (P) Peas & Carrots (V) Diced Pears (F) WG Bread (G) Milk (D)	Whole Grain Cheese Pizza(G)(P) Tater Tots(V) Diced Peaches(F) Milk(D)
<b>PM Snack</b>	WG Crackers (G) (Infants only) WG Soft Pretzels (G) (Rm 1 - 9; SA only) Milk(D)	Tostado Chips (G) (Rm 1-7; SA only) Gerber Snack (G) (Inf/Tods) 100% Orange Juice or Apple Juice (F)	WG Cheese Crackers(G) Milk (D)	Yogurt (D) Banana (F) Water	WG Crackers(G) Cheese Stick (D)

**Meal Component Details:**

(P)-Protein

(V)-Vegetable

(D)-Dairy

Breakfast must have 3 components.

(G)-Grain

(F)-Fruit

Lunch must have 5 components.

Snack must have 2 components.

\* For Kitchen use only

Water is suggested as a beverage for all snacks even when other beverages are offered. Whole grains are substituted for as many grains/breading products as possible.

Children age 1 to 2 are served unflavored whole milk. Children ages 2 and up are served unflavored 1% milk.