



Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> must have 3 components	<i>Cheerios (G)</i> <i>100% Orange or Apple Juice (F)</i> <i>Milk (D)</i>	<i>WGR Toast (G)</i> <i>Applesauce(F)</i> <i>Milk (D)</i>	<i>Rice Chex (G)</i> <i>100% Orange or Apple Juice (F)</i> <i>Milk (D)</i>	<i>Waffles (G)</i> <i>100% Orange or Apple Juice (F)</i> <i>Milk (D)</i>	<i>Corn Chex (G)</i> <i>100% Orange or Apple Juice (F)</i> <i>Milk (D)</i>
<b>AM Snack</b>	<i>Crackers</i> <i>Water</i>	<i>Pretzels</i> <i>Water</i>	<i>Animal Crackers</i> <i>Water</i>	<i>Grahams</i> <i>Water</i>	<i>Crackers</i> <i>Water</i>
<b>Lunch</b> must have 5 components	<b>PreK, SA</b>	<b>PreK, SA</b>	<b>PreK, SA</b>	<b>PreK, SA</b>	<b>PreK, SA</b>
	<i>WGR Breaded Chicken Nuggets (G)(P)</i> <i>Corn (V)</i> <i>Mandarin Oranges (F)</i> <i>Milk (D)</i> <i>*CN</i>	<i>WGR Pork Fritter(P)</i> <i>Wild Brown Rice(G)</i> <i>Broccoli(V)</i> <i>Peaches (F)</i> <i>Milk (D)</i>	<i>Hamburger (P) on WGR Bun (G)</i> <i>Tater Tots (V)</i> <i>Pineapple Tidbits (F)</i> <i>Milk (D)</i> <i>*CN</i>	<i>Mac &amp; Cheese Bites (P)</i> <i>Peas &amp; Carrots (V)</i> <i>Diced Pears (F)</i> <i>WGR Bread (G)</i> <i>Milk (D)</i>	<i>Hot Dogs(P)</i> <i>WGR Bun(G)</i> <i>Baked Beans(V)</i> <i>Diced Peaches(F)</i> <i>Milk(D)</i>
	<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>
	<i>WGR Breaded Chicken Nuggets (G)(P)</i> <i>Creamed Corn (V)</i> <i>Mandarin Oranges (F)</i> <i>Milk (D)</i> <i>*CN</i>	<i>WGR Pork Fritter(P)</i> <i>Wild Brown Rice(G)</i> <i>Broccoli(V)</i> <i>Peaches (F)</i> <i>Milk (D)</i>	<i>Hamburger (P) on WGR Bun (G)</i> <i>Tater Tots (V)</i> <i>Pineapple Tidbits (F)</i> <i>Milk (D)</i> <i>*CN</i>	<i>Mac &amp; Cheese Bites (P)</i> <i>Peas &amp; Carrots (V)</i> <i>Diced Pears (F)</i> <i>WGR Bread (G)</i> <i>Milk (D)</i>	<i>Whole Grain Cheese Pizza(G)(P)</i> <i>Baked Beans(V)</i> <i>Diced Peaches(F)</i> <i>Milk(D)</i>
<b>PM Snack</b> must have 2 components	<i>WGR Crackers (G) (Toddlers)</i> <i>WGR Soft Pretzels (G)</i> <i>Milk(D)</i>	<i>Tostado Chips (G)</i> <i>Gerber Snack (G) (Toddlers)</i> <i>100% Orange Juice or Apple Juice (F)</i>	<i>WGR Cheese Crackers(G)</i> <i>Milk (D)</i>	<i>Yogurt (D)</i> <i>Banana (F)</i> <i>Water</i>	<i>WGR Crackers(G)</i> <i>Cheese Stick (D)</i>

*Meal Component Details: (P)-Protein, (V)-Vegetable, (D)-Dairy, (G)-Grain, (F)-Fruit*

*\* 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.*