



Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast must have 3 components	<i>Corn Flakes (G)</i> <i>100% Orange or Apple Juice (F)</i> <i>Milk (D)</i>	<i>Grits(G)</i> <i>Peaches (F)</i> <i>Milk (D)</i>	<i>Cheerios (G)</i> <i>100% Orange or Apple Juice (F)</i> <i>Milk (D)</i>	<i>Blueberry Muffins (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>
AM Snack	<i>Crackers</i> <i>Water</i>	<i>Crackers</i> <i>Water</i>	<i>Animal Crackers</i> <i>Water</i>	<i>Graham Cracker</i> <i>Water</i>	<i>Crackers</i> <i>Water</i>
Lunch must have 5 components	Twos, PreK, SA	Twos, PreK, SA	Twos, PreK, SA	Twos, PreK, SA	Twos, PreK, SA
	<i>Bologna Sandwich(P)</i> <i>WGR Bread(G)</i> <i>Mixed Vegetables (V)</i> <i>Tropical Fruit (F)</i> <i>Milk (D)</i>	<i>Hamburger (P)</i> <i>WGR Buns (G)</i> <i>Fries(V)</i> <i>Pears (F)</i> <i>Milk (D)</i> <i>*CN</i>	<i>Scalloped Potatoes & Ham(P)</i> <i>Peas & Carrots (V)</i> <i>WGR Bread (G)</i> <i>Pineapple (F)</i> <i>Milk (D)</i>	<i>Meatballs (P)</i> <i>Mashed Potatoes (V)</i> <i>WGR Bread (G)</i> <i>Diced Peaches (F)</i> <i>Milk (D)</i>	<i>Whole Grain Cheese Pizza(P)(G)</i> <i>Fries(V)</i> <i>Mandarin Oranges (F)</i> <i>Milk (D)</i>
	Infants & Toddlers	Infants & Toddlers	Infants & Toddlers	Infants & Toddlers	Infants & Toddlers
	<i>Bologna Sandwich(P)</i> <i>WGR Bread(G)</i> <i>Mixed Vegetables (V)</i> <i>Applesauce (F)</i> <i>Milk (D)</i>	<i>Hamburger (P)</i> <i>WGR Buns (G)</i> <i>Fries(V)</i> <i>Pears (F)</i> <i>Milk (D)</i> <i>*CN</i>	<i>Scalloped Potatoes & Ham(P)</i> <i>Peas & Carrots (V)</i> <i>WGR Bread (G)</i> <i>Pineapple (F)</i> <i>Milk (D)</i>	<i>Meatballs (P)</i> <i>Mashed Potatoes (V)</i> <i>WGR Bread (G)</i> <i>Diced Peaches (F)</i> <i>Milk (D)</i>	<i>Whole Grain Cheese Pizza(P)(G)</i> <i>Fries(V)</i> <i>Mandarin Oranges (F)</i> <i>Milk (D)</i>
PM Snack must have 2 components	<i>WGR Goldfish Crackers(G)</i> <i>Milk (D)</i>	<i>WGR Crackers (G)</i> <i>(Toddlers)</i> <i>Banana (F)</i> <i>Yogurt (D)</i>	<i>WGR Crackers (G)</i> <i>Milk (D)</i>	<i>Cheese (P)</i> <i>WGR Crackers (G)</i>	<i>WGR Graham Crackers(G)</i> <i>Milk (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.