

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	breakfast Oatmeal Applesauce Milk	breakfast Cereal Banana Milk	breakfast French toast sticks Mandarin oranges Milk	breakfast Scrambled eggs Whole-wheat toast Melon Milk	breakfast Waffles Orange slices Milk
	lunch All-beef hot dogs Homemade mac & cheese Broccoli Pears Milk	lunch Breakfast casserole Pancakes Melon Milk	lunch Chicken enchiladas Green beans Pineapple Milk	lunch Meatloaf Mashed potatoes Whole-wheat bread Mixed vegetables Milk	lunch Cheesy ham & potatoes Whole-wheat bread Peaches Milk
	snack Banana bread Milk	snack Pretzel sticks Yogurt Goldfish (toddlers)	snack String cheese Grapes	snack Blueberry muffins Milk	snack Chex mix Raisins
Week 2	breakfast Oatmeal Applesauce Milk	breakfast Cereal Banana Milk	breakfast Pancakes Pineapple Milk	breakfast Scrambled eggs Whole-wheat toast Pears Milk	breakfast French toast sticks Peaches Milk
	lunch Tater tot casserole Whole-wheat bread Mixed vegetables Milk	lunch Ham & cheese loaf Green beans Apple slices Milk	lunch Creamed chicken Buttered noodles Steamed carrots Grapes Milk	lunch Taco meat Tortilla shells Lettuce & tomato Melon Milk	lunch Turkey sandwich Raw carrots & celery Mandarin oranges Milk
	snack Cottage cheese Peaches	snack Apples with caramel Teddy grahams	snack Carrot cake bars Milk	snack Oatmeal raisin cookies Milk	snack Yogurt Graham crackers
Week 3	breakfast Oatmeal Applesauce Milk	breakfast Cereal Banana Milk	breakfast Waffles Mandarin oranges Milk	breakfast Scrambled eggs Whole-wheat toast Pineapple Milk	breakfast Pancakes Orange slices Milk
	lunch Chicken quesadillas Green beans Fruit cup Milk	lunch Penne pasta & homemade meatballs Broccoli Pears Milk	lunch Pork stir fry Brown rice Banana Milk	lunch Grilled cheese sandwich Raw carrots Cucumbers Melon or tomato soup Milk	lunch Shepherd's pie with mixed vegetables Whole-wheat bread Milk
	snack Club crackers Cheese cubes	snack Chocolate chip muffins Milk	snack Saltine crackers Vegetables with dip	snack Pumpkin muffins Apple sauce	snack Chex mix Raisins
Week 4	breakfast Oatmeal Applesauce Milk	breakfast Cereal Banana Milk	breakfast French toast sticks Pineapple Milk	breakfast Scrambled eggs Whole-wheat toast Mandarin oranges Milk	breakfast Waffles Pears Milk
	lunch All-beef hot dogs Homemade mac & cheese Canned carrots Pears Milk	lunch Turkey loaf Turkey stuffing Mixed vegetables Peaches Milk	lunch BBQ Chips Peas Berries Milk	lunch Creamed chicken Mashed potatoes Whole-wheat bread Grapes Milk	lunch Ham & cheese quesadillas Raw carrots Cucumbers Fruit cup Milk
	snack Banana bread Milk	snack Yogurt Puff corn	snack Goldfish String cheese	snack Blueberry muffins Milk	snack Graham crackers Milk
Week 5	breakfast Oatmeal Applesauce Milk	breakfast Cereal Banana Milk	breakfast Pancakes Apple slices Milk	breakfast Scrambled eggs Whole-wheat toast Orange slices Milk	breakfast French toast sticks Pears Milk
	lunch Hamburger stroganoff Mixed vegetables Pears Milk	lunch Homemade pizza California medley Mandarin oranges Milk	lunch Chicken & broccoli Brown rice Melon Milk	lunch Taco pie Lettuce & tomato Pineapple Milk	lunch Turkey loaf Whole-wheat bread Green beans Peaches Milk
	snack Yogurt Berries	snack Chocolate chip muffins Milk	snack Ritz crackers Cheese cubes	snack Pumpkin muffins Applesauce	snack Club crackers Raisins

Fruits and vegetables are subject to change.