

AGES 1-2	AGES 3-5	BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 FL OZ	6 FL OZ	MILK	MILK	MILK	MILK	MILK	MILK
½ SLICE	½ SLICE	BREAD OR BREAD ALTERNATE	CEREAL	MUFFINS	BISCUITS	CINNAMON TOAST	PANCAKES
¼ CUP	½ CUP	FRUIT, VEGGIE OR JUICE	ORANGES	PINEAPPLES	PEACHES	PEARS	BANANAS
LUNCH							
4 FL OZ	6 FL OZ	MILK	MILK	MILK	MILK	MILK	MILK
1 OZ ½ SLICE	1 ½ OZ ½ SLICE	MEAT OR MEAT ALTERNATE GRAIN	WHITE BEANS/RICE CORNBREAD	NOODLES/MEAT SAUCE	CHICKEN GRAVY/ RICE	CHEESEBURGER MAC	CHICKEN NUGGETS TATER TOTS
1/8 cup 1/8 cup	¼ CUP ¼ CUP	VEGGIE FRUIT	Peas N Carrots PEACHES	GREEN BEANS PEARS	CORN ORANGES	PEAS APPLE SAUCE	CUCUMBERS PINEAPPLES
PM SNACK (choose 2)							
4 FL OZ	4 FL OZ	DRINK	JUICE	WATER	JUICE	JUICE	JUICE
½ SLICE	½ SLICE	BREAD OR BREAD ALTERNATIVE	GRAHAM CRACKERS	CRACKERS	VANILLA WAFERS	ANIMAL CRACKERS	GOLDFISH
½ CUP	½ CUP	FRUIT OR VEGGIES		CHEESE	YOGURT OR PUDDING		
½ OZ	½ OZ	MEAT OR MEAT ALTERNATIVE					
2ND SNACK (
4FL OZ 1 SLICE	4 FL OZ 1 SLICE	DRINK GRAIN	JUICE	JUICE	JUICE	JUICE	JUICE
¾ SLICE 1 OZ	¾ SLICE 1 OZ	FRUIT OR VEGGIES MEAT OR MEAT ALTERANTE	GOLDFISH	ANIMAL CRACKERS	GRAHAM CRACKERS	RITZ CRACKERS	VANILLA WAFERS

AGES 1-2	AGES 3-5	BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4 FL OZ	6 FL OZ	MILK	MILK	MILK	MILK	MILK	MILK
½ SLICE	½ SLICE	BREAD OR BREAD ALTERNATE	CEREAL	MUFFINS	BISCUITS	CINNAMON TOAST	PANCAKES
¼ CUP	½ CUP	FRUIT, VEGGIE OR JUICE	ORANGES	PINEAPPLES	PEACHES	PEARS	BANANAS
LUNCH							
4 FL OZ	6 FL OZ	MILK	MILK	MILK	MILK	MILK	MILK
1 OZ ½ SLICE	1 ½ OZ ½ SLICE	MEAT OR MEAT ALTERNATE GRAIN	RED BEANS/RICE CORNBREAD	NOODLES/ MEAT SAUCE	JAMBALAYA	CHICKEN NOODLE	CHICKEN NUGGETS TATER TOTS
1/8 cup 1/8 cup	¼ CUP ¼ CUP	VEGGIE FRUIT	Peas N Carrots PEACHES	GREEN BEANS PEARS	CORN ORANGES	PEAS APPLE SAUCE	CUCUMBERS PINEAPPLES
PM SNACK (choose 2)							
4 FL OZ	4 FL OZ	DRINK	JUICE	WATER	JUICE	JUICE	JUICE
½ SLICE	½ SLICE	BREAD OR BREAD ALTERNATIVE	GRAHAM CRACKERS	CRACKERS	VANILLA WAFERS	ANIMAL CRACKERS	GOLDFISH
½ CUP	½ CUP	FRUIT OR VEGGIES		CHEESE	YOGURT OR PUDDING		
½ OZ	½ OZ	MEAT OR MEAT ALTERNATIVE					
2ND SNACK							
4FL OZ 1 SLICE	4 FL OZ 1 SLICE	DRINK GRAIN	JUICE	JUICE	JUICE	JUICE	JUICE
¾ SLICE 1OZ	¾ SLICE 1 OZ	FRUIT OR VEGGIES MEAT OR MEAT ALTERANTE	GOLDFISH	ANIMAL CRACKERS	GRAHAM CRACKERS	RITZ CRACKERS	VANILLA WAFERS