

**WEEK 4**

Monday				Tuesday				Wednesday				Thursday				Friday				
Food Item	age groups 1-2 3-5 6+			Food Item	age groups 1-2 3-5 6+			Food Item	age groups 1-2 3-5 6+			Food Item	age groups 1-2 3-5 6+			Food Item	age groups 1-2 3-5 6+			
<b>Breakfast:</b>																				
Milk, fluid	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c
Juice, fruit	Apple juice, 4 fl oz or 1/2 c	1/4c	1/2c	1/2c	Orange juice, 4 fl oz or 1/2 c	1/2c	1/2c	1/2c	Apple juice, 4 fl oz or 1/2 c	1/4c	1/2c	1/2c	Pineapple juice, 4 fl oz or 1/2c	1/4c	1/2c	1/2c	Orange juice, 4 fl oz or 1/2 c	1/4c	1/2c	1/2c
Vegetable																				
Grain/Bread	Wheatflakes, 1 c or 1 oz	1/4c	1/3c	3/4c	Cornflakes, 1c or 1 oz	1/4c	1/3c	3/4c	Oat O's, 1 c or 1 oz	1/4 c	1/3 c	3/4 c	Cornflakes, 1 c or 1 oz	1/4 c	1/3 c	3/4 c	Crisp Rice, 1 c or 1 oz	1/4 c	1/3 c	3/4 c
<b>AM Snack:</b>																				
<i>choose 2</i>																				
Meat alt.																				
Grain/Bread	Cin. Swirl, 1 oz or 1 slice w/ marg	1/2	1/2	1	Fruit Loops, 1 oz or 1 c	1/2 c	1/2 c	1 c	English Muffin, 2 oz or 1 ea w/ Apple Btr.	1/2	1/2	1	Grahams Crax w/ pb, 1 oz or 3 sq	2 sq	2 sq	3 sq	Pop-tart 1.8 oz or 1 ea	30	30	44
Juice/ fruit	Apple juice, 4 fl oz or 1/2 c	1/2c	1/2c	3/4c	Pineapple juice, 4 fl oz or 1/2 c				Orange juice, 4 fl oz 1/2 c	1/2 c	1/2 c	3/4 c	Grape juice, 4 fl oz or 1/2 c	1/2c	1/2c	3/4c	Apple juice, 4 fl oz or 1/2 c	1/2c	1/2c	3/4c
Milk, fluid						1/2c	1/2c	1c												
<b>Lunch:</b>																				
Milk, fluid	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c	2% milk, 8 fl oz or 1c	1/2c	3/4c	1c
Meat or	Beenie weenie w/ 2 oz Turkey Frank	3 ea	3 ea	5 ea	Chix nuggets w/ bbq sc., 3.3 oz or 5 ea	1	1	1	Beef sauce \$ parmesan chs, 2 oz or #16 scoop	1 oz	1.5oz	2oz	Chicken tenders	1/4 c	1/4 c	1/2 c	Hamburger, 4 oz or 1 ea	1	1	1
Meat alt.	Veggie Hot Dog 2 oz or 1 ea	3ea	3 ea	5 ea	Veggie nuggets, 3.8 oz or 5 ea	1	1	1	Sliced cheese, 2 oz or 2 slices	1 oz	1.5oz	2oz	Veg Chix Patty, 2.5 oz or 1 ea	1	1	1	Veg burger, 3.4 oz or 1 ea	3ea	3 ea	5 ea
1st fruit/veg	(Vegetarian Bkd Beans), 1/4 c or #16	1/4 c	1/4 c	1/4 c	Waffle fries w/cheese sce., 2 oz.	1/4 c	1/4 c	1/2 c	Green Beans, 1/4 c or #16 scoop	1/4 c	1/4 c	1/4 c	Corn # 16 scoop	1/4 c	1/4 c	1/4 c	Noodles with alfredo sauce	1/4 c	1/2 c	1/2c
2nd fruit/veg	applesauce 1/2 cup	1/4 c	1/4 c	1/2c	Diced Pears, 1/2 c or #8 scoop	1/4 c	1/4 c	1/2c	Fruited jello use Blue 1/2 or # 8 scoop	1/4c	1/4c	1/2 c	Diced peaches, 1/2 c or #8 scoop	1/4 c	1/4 c	1/2c	Pineapple tidbits, 1/2 c or #8 scoop	1/4 c	1/4 c	1/2c
Grain/Bread	Hot dog bun each	1	1	1	Roll, w/ marg, 1 oz or 1 ea	1/2	1	1	Spaghetti, 1/2 c or #8 scoop	1/4 c	1/2 c	1/2c	Bread, 1 oz or 1 ea w/ marg.	1/2	1	1	Bun, 2.1 oz or 1 ea	1	1	1
Other									Breadstick., 1.4 oz or	1/2	1/2	1								
<b>PM Snack:</b>																				
<i>choose 2</i>																				
Milk, fluid	2% milk, 8 fl oz or 1c	1/2c	1/2c	1c	2% milk, 8 fl oz or 1c				2% milk, 8 fl oz or 1c	1/2c	1/2c	1c	2% milk, 8 fl oz or 1c	1/2c	1/2c	1c	2% milk, 8 fl oz or 1c	1/2c	1/2c	1c
Meat or																				
Meat alt.					Yogurt, 4 oz or 1 ea	1/2c	1/2c	1/2c												
Grain/Bread	Oatmeal Cookie, 2 oz.	1/2	1/2	1					Cheese Goldfish Crax, .7 oz or 44 crax	30	30	44	Vanilla Wafers 1 oz.	6	6	6				
Juice/fruit						1/2c	1/2c	3/4c												
Vegetable																	carrot stix w/ Ranch	4	4	4