

wk 1 **Monday** 1-2 3-5 **Tuesday** 1-2 3-5 **Wednesday** 1-2 3-5 **Thursday** 1-2 3-5 **Friday** 1-2 3-5

AM Snack

fluid	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.
grain	raisin bran	1/4 c.	1/2c.	crispix	1/4 c.	1/2c.	oat O's	1/4 c.	1/2c.	Corn Flakes	1/4 c.	1/2c.	Rice Crispies	1/4 c.	1/2c.

Breakfast

grain	nutra-grain bar	1	1	bagel / cream cheese	1/2	1/2	crackers	1oz	1 oz	french toast sticks	2	2	biscuit	1/2	1
fruit	apple slices	1/4c	1/2c	pineapple juice	1/4 c.	1/2 c.	orange juice	1/4 c.	1/2 c.	strawberries	1/4c.	1/2c.	apple juice	1/4 c.	1/2 c.
fluid	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.
other							cheese	1					jelly		

Lunch

	Chicken and Rice	Breakfast for Lunch	Spagetti in Marinara Sauce	Sandwich Wrap	Grilled Cheese Sandwich
meat	chicken 1oz 1.5oz	Sausage patty 1 oz 1.5 oz	meatballs 1 oz 1.5 oz	turkey (deli sliced)with cheese 1oz 1.5 oz	
meat alt.	Bean and rice 1/2c. 1c.	Veggie patty 1 oz 1.5 oz	Black bean crumble 1 oz 1.5 oz	veggie and cheese hummus wrap 1 oz 1.5 oz	cheese/ white bean soup 1/2c. 1/2c.
Vegetable	peas 1/8c 1/4c	Hash Browns 1/8 c. 1/4 c.	spinach salad 1/8c 1/4c	sweet potato sticks 1/8 c. 1/4 c.	Carrots diced steamed 1/8c 1/4c
fruit / veg	cantalope 1/8 c. 1/4c.	banana 1/2 1/2	pears diced 1/8c 1/4c	pineapple tidbits 1/8 c. 1/4c.	peaches diced 1/8c 1/4c
grain	rice 1 oz 1.5 oz	pancakes 1 2	whole grain spaghetti 1/4c 1/4c	(wheat tortilla) 1/2 1	(sliced bread) 1 2
fluid	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.
		syrup			

PM Snack

grain	oatmeal square 1 1	Pumpkin muffin 1/2 1		goldfish 1 oz. 1 oz.	
fruit			Grapes (3-5) Orange Wedges (0-2) 1/2 c. 1/2 c.		
vegetable					peeled cucumber slices 1/2c 1/2 c.
fluid	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.	milk 1/2 c. 3/4 c.

ranch dressing

dietary substitutions

Lunch		gluten	gluten	gluten	gluten & dairy
PM Snack	gluten	gluten		gluten	