<table>
<thead>
<tr>
<th>AM Snack</th>
<th>Breakfast</th>
<th>Lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>fluid</td>
<td>milk</td>
<td>1/2 c. 1/2 c. milk</td>
</tr>
<tr>
<td>grain</td>
<td>corn flakes</td>
<td>3/4 c. 3/4 c. rice crispies</td>
</tr>
<tr>
<td></td>
<td>raisin bran</td>
<td>1/2 c. 1/2 c. crispix</td>
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<td></td>
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<td>Oat O's</td>
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<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>fluid</td>
<td>milk</td>
<td>1/2 c. 1/2 c. milk</td>
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</tr>
<tr>
<td>grain</td>
<td>corn flakes</td>
<td>3/4 c. 3/4 c. rice crispies</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>raisin bran</td>
<td>1/2 c. 1/2 c. crispix</td>
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<td></td>
<td></td>
<td>Oat O's</td>
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<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Lunch</th>
<th>PM Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>grain</td>
<td>Chex Strawberry</td>
<td>Bread Stick</td>
</tr>
<tr>
<td>fruit</td>
<td>Yogurt</td>
<td>1 oz 1 oz bagel</td>
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<tr>
<td>fluid</td>
<td>apple sauce</td>
<td>1/4 c. 1/2 c. milk</td>
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<tr>
<td>other</td>
<td>milk</td>
<td>1/2 c. 3/4 c. corn flakes</td>
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<td></td>
<td>raisin bran</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2 c. 1/2 c. milk</td>
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<td>1/2 c. 1/2 c. milk</td>
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<tr>
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<td>1/2 c. 1/2 c. milk</td>
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<tr>
<td></td>
<td>cheese sticks</td>
<td>1/2 c. 1/2 c. milk</td>
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<table>
<thead>
<tr>
<th>Chicken Nuggets</th>
<th>Taco</th>
<th>Ravioli in Marinara</th>
<th>Sandwich Wrap</th>
<th>Fish Sticks</th>
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<tbody>
<tr>
<td>meat</td>
<td>1 oz 1.5 oz</td>
<td>1 oz 1.5 oz</td>
<td>1 oz 1.5 oz</td>
<td>1 oz 1.5 oz</td>
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<tr>
<td>meat alt.</td>
<td>Chicken Nuggets</td>
<td>Tofu crumble</td>
<td>beef ravioli</td>
<td>grilled veggie, hummus and cheese</td>
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<tr>
<td>Vegetable</td>
<td>Vegan Nuggets</td>
<td>shredded lettuce</td>
<td>cheese ravioli</td>
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<tr>
<td>fruit / veg</td>
<td>California Blend</td>
<td>Romain salad</td>
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<td>1 oz 1.5 oz</td>
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<tr>
<td>grain</td>
<td>pineapple nuggets</td>
<td>Pears</td>
<td>sweet potato sticks</td>
<td>Veggie Sliders</td>
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<tr>
<td>fluid</td>
<td>corn</td>
<td>1 oz 1.5 oz</td>
<td>1/4 c. 1/4 c.</td>
<td>1 oz 1.5 oz</td>
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<tr>
<td>other</td>
<td>roll</td>
<td>1 oz 1.5 oz</td>
<td>flour tortilla</td>
<td>1 oz 1.5 oz</td>
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<tr>
<td></td>
<td>milk</td>
<td>tortilla</td>
<td>1 oz 1.5 oz</td>
<td>1 oz 1.5 oz</td>
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<tr>
<td></td>
<td></td>
<td>(Fettuccini noodle)</td>
<td>flour tortilla</td>
<td>1 oz 1.5 oz</td>
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<tr>
<td></td>
<td></td>
<td>1/4 c. 1/2 c.</td>
<td>flour tortilla</td>
<td>1 oz 1.5 oz</td>
</tr>
<tr>
<td></td>
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<td>milk</td>
<td>1/2 c. 3/4 c.</td>
<td>1/2 c. 3/4 c.</td>
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<tr>
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<td></td>
<td>milk</td>
<td>1/2 c. 3/4 c.</td>
<td>1/2 c. 3/4 c.</td>
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</tbody>
</table>

| PM Snack | | |
|----------||---|
| grain | Bread Stick | 1 oz 1 oz |
| fruit | banana | 1 oz 1 oz |
| vegetable | Green pepper | 1 oz 1 oz |
| fluid | milk | 1 oz 1 oz |
| other | cheese sauce | 1 oz 1 oz |

<table>
<thead>
<tr>
<th>dietary substitutions</th>
<th>Breakfast</th>
<th>Lunch</th>
<th>PM Snack</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>gluten &amp; dairy</td>
<td>gluten</td>
<td>gluten &amp; dairy</td>
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<td>gluten</td>
<td>gluten &amp; dairy</td>
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