

wk 6	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
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AM Snack															
fluid	milk	1/2 c.	1/2 c.	milk	1/2	1/2 c.	milk	1/2	1/2 c.	milk	1/2	1/2 c.	milk	1/2	1/2 c.
grain	Corn Flakes	1/4 c.	1/2c.	Rice Crispies	1/4 c.	1/2c.	Raisin Bran	1/4 c.	1/2c.	Crispix	1/4 c.	1/2c.	Oat O's	1/4 c.	1/2c.

Breakfast

grain	french toast sticks	2	2	biscuits / jelly	1/2	1	croissants / butter	1/2	1/2	oatmeal square	1	1	wheat pancake	1	1
fruit	orange slices	1/4 c	1/2 c	apple juice	1/4 c.	1/2 c.	grape juice	1/4 c.	1/2 c.	fruit salad	1/4 c.	1/2 c.	applesauce	1/4c	1/2c
fluid	milk	1/2c.	3/4 c.	milk	1/2c.	3/4 c.	milk	1/2c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.
other															

Lunch

	BBQ Chicken Sandwich			Sloppy Joe			Beef Mac and Cheese			Chicken Nuggets			Pizza		
meat	cubed chicken	1 oz	1.5oz	ground turkey	1 oz	1.5 oz	ground beef	1 oz	1.5oz	Chicken Nuggets	1 oz	1.5 oz	peperoni	2 oz	2 oz
meat alt.	BBQ veggie patty	1 oz	1.5 oz	Sloppy Jane	1 oz	1.5 oz	Pasta and Cheese	1 oz	1.5 oz	Veggie Nuggets	1 oz	1.5 oz	veggie	2 oz	2oz
Vegetable	roasted potato	1/8c.	1/4c.	Broccoli	1/8c.	1/4c.	Peas	1/8c.	1/4c.	green beans	1/8c.	1/4c.	spinach salad	1/8c.	1/4c.
fruit / veg	Strawberries slices	1/8c.	1/4c.	Sweat potato fries	1/8c.	1/4c.	apricots diced	1/8c.	1/4c.	diced peaches	1/8c.	1/4c.	roasted cauliflower	1/8c.	1/4c.
grain	bun	1/2	1	buns	1/2	1	(pasta)	1 oz	1.5 oz	dinner roll	1 oz	1.5 oz	crust	2 oz	2oz
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	3/4 c.
other										bbq sauce/ketchup			cheese stick / honey mustard	1	1

PM Snack

grain	goldfish	1 oz.	1 oz.				sugar cookies	1	1	Bread stick	2 oz	5 oz	Graham Crackers (0-1) Chex Mix (2-5)	1 oz	1 oz
fruit/juice				pineapple tidbits	1/2 c.	1/2 c.									
vegetable															
fluid	milk	1/2 c.	3/4 c.	milk	1/2	3/4 c.	milk	1/2	3/4 c.	milk	1/2	3/4 c.	milk	1/2	3/4 c.
				cottage cheese	1/4c	1/2c				cheese sauce					

dietary substitutions															
Lunch	gluten			gluten			gluten & dairy			gluten & dairy			gluten & dairy		
PM	gluten & dairy						gluten			gluten			gluten		