

9/25/2017 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.
grain	raisin bran	1/2 c.	1/2 c.	crispix	1/2 c.	1/2 c.	oat O's	1/2 c.	1/2 c.	Corn Flakes	3/4 c.	3/4 c.

Breakfast												
grain	assorted crackers	4	4	Croissant	1/2	1/2	Turkey bacon	1 oz	1 oz	Waffle	1	1
fruit	orange juice	1/4 c.	1/2 c.	pineapple juice	1/4 c.	1/2 c.	grape juice	1/4 c.	1/2 c.	strawberries	1/4c.	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.
other	cheddar cheese	1	1	butter			cheese stick (veggie)	1		cream cheese		

Lunch

	Chicken and Rice	Breakfast for Lunch	Spaghetti 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	(grilled cheese) 1/2 1
meat alt.	Tofu 1/2 c. 1/2 c.	Black Bean patty 1 oz 1.5 oz	veggie burger patty crumbled 1 oz 1.5 oz	veggie and cheese hummus wrap 1 oz 1.5 oz	cheese/ white bean soup 1/2 c. 1/2 c.
Vegetable	peas 1/8 c. 1/4 c.	Hash Browns 1/8 c. 1/4 c.	spinach salad 1/8 c. 1/4 c.	sweet potato sticks 1/8 c. 1/4 c.	Carrots diced steamed 1/8 c. 1/4 c.
fruit / veg	cantalope 1/8 c. 1/4c.	banana 1/2 c. 1/2 c.	peaches diced 1/8 c. 1/4 c.	pineapple tidbits 1/8 c. 1/4 c.	pears diced 1/8 c. 1/4 c.
grain	rice 1/2 c. 1/2 c	French toast St. 1 2	rice noodles 1/4 c. 1/2 c.	(wheat tortilla) 1/2 1/2	(sliced bread) 1/2 c. 3/4 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.
		syrup			

PM Snack

grain	Soft Pretzel bites 4 6	peeled cucumbers 1/2 c. 1/2 c.		pumpkin muffin 1 1	goldfish (0-1) Tortilla Chips(2-5) 1/4 c. 1/3 c.
fruit					
vegetable					
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.
	cheese 1/4 c. 1/4 c.	ranch	Hard boiled egg 1 1		salsa

dietary substitutions					
Breakfast	gluten / dairy	gluten / dairy		gluten	gluten & dairy
Lunch		gluten	gluten	gluten & dairy	gluten & dairy
PM Snack	gluten			gluten	gluten