

9/25/2017 wk 3

	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	corn flakes	3/4 c.	3/4 c.	rice crispies	3/4 c.	3/4 c.	raisin bran	1/2 c.	1/2 c.	crispix	1/2 c.	1/2 c.	Oat O's	1/2 c.	1/2 c.

Breakfast															
grain	Chex Strawberry Yogurt	1 oz	1oz	bagel	1/2	1/2	wheat pancake	1	1				criossant	1/2	1/2
fruit	applesauce	1/4 c.	1/2 c.	apple juice	1/4 c.	1/2 c.	orange juice	1/4 c.	1/2 c.	mellons	1/4 c.	1/2 c.	pineapple 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				cream cheese						cheese sticks	1 pk	1 pk	butter		

Lunch

	Chicken Nuggets		Taco		Ravioli in Marinara sauce		Sandwich Wrap		Fish Sticks			
meat	Chicken Nuggets	1 oz	1.5 oz	ground turkey	1 oz	1.5 oz	beef ravioli	1 oz	1.5 oz	fish	1 oz	1.5oz
meat alt.	Vegan Nuggets	1 oz	1.5 oz	Tofu crumble (Soy Protein)	1 oz	1.5 oz	cheese ravioli	1 oz	1.5 oz	Veggie Sliders	1 oz	1.5 oz
Vegetable	California Blend	1/8 c.	1/4 c.	shredded lettuce	1/8 c.	1/4 c.	Romain salad	1/8 c.	1/4 c.	Peas	1/8 c.	1/4 c.
fruit / veg	pineapple nuggets	1/8 c.	1/4 c.	corn	1/8 c.	1/4 c.	Pears	1/8 c.	1/4 c.	applesauce	1/8 c.	1/4 c.
grain	roll	1/2	1	tortilla	1/2	1	(Fettuccini noodle)	1/4 c.	1/2 c.	flour tortilla	1/2	1
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				shredded cheese, sour cream			Cesear dressing					tarter sauce

PM Snack															
grain	Bread Stick	1	1										chex mix 2-5 Chex cereal 0-1	1	1
fruit				banana	1/2 c.	1/2 c.									
vegetable							Green pepper	1/2 c.	1/2 c.						
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.
other	cheese sauce						ranch			hard boiled egg	1	1			

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