

9/25/2017 wk 4

	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	1/2 c.	1/2 c.	Oat Q's	1/2 c.	1/2 c.	Rice Crispes	3/4 c.	3/4 c.	Corn flakes	3/4 c.	3/4 c.	Crispix	1/2 c.	1/2 c.

Breakfast

grain	assort. Crackers	4	4	carrot applesauce muffin	1	1	Waffle	1	1	Biscuit	1	1	Veggie Sausage patty	1	1
fruit	Pineapple Juice	1/4 c.	1/2 c.	orange juice	1/4 c.	1/2 c.	banana	1/2 c.	1/2 c.	apple juice	1/4 c.	1/2 c.	grape 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	cheddar cheese									jelly	1	1			

Lunch

	Ham	Cheeseburger	Chicken Alfredo	Turkey Chili	Pepperoni Flat Bread Pizza										
meat	ham slice	1oz	1.5oz	beef patty	1 oz	1.5 oz	chicken (alfredo)	1 oz	1.5oz	ground turkey	1 oz	1.5oz	Pepperoni	1 oz	1.5 oz
meat alt.	Brussel Sprout						Tofu / mushroom (alfredo)	1 oz	1.5 oz	veg. chili (beans)	1oz	1.5 oz	Veggie Pizza pocke	1 oz	1.5 oz
Vegetable	Cheese /Rice	1oz	1.5oz	black bean patty	1 oz	1.5oz	peas	1/4 c.	1/4 c.	broccoli	1/8 c.	1/4 c.	romaine	1/8 c.	1/4 c.
	Mashed potatoes	1/8 c.	1/4 c.	tater tots	1/8 c.	1/4 c.	peaches diced	1/8 c.	1/4 c.	mandarin oranges	1/8 c.	1/4 c.	pears diced	1/8 c.	1/4 c.
fruit / veg	Greenbeans	1/8 c.	1/4 c.	apricots diced	1/8 c.	1/4 c.	noodles	1/4	1/2	corn muffin	1	1	flat bread	1 oz	1 oz
grain	Dinner roll	1	1	bun	1	1	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	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.
other				Cheddar Cheese slice/Ketchup									cheese stick / ranch	1	1

PM Snack

grain				Pita	1/2	1/2				Gold fish	1 oz	1 oz
fruit/juice	Strawberries	1/2 c.	1/2 c.	apple slices	1/2 c.	1/2 c.			pineapple	1/2 c.	1/2 c.	
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.
other	yogurt	1/4 c.	1/4 c.	cheese stick	1	1	Red Pepper Hummus	1/4 c.	1/4 c.	cottage cheese	1/4 c.	1/4 c.

dietary substitutions

Breakfast	gluten & dairy	gluten	gluten	gluten	gluten & dairy
Lunch	gluten & dairy	gluten & dairy	gluten & dairy	gluten	gluten & dairy
PM snack	dairy	dairy	gluten	dairy	gluten