

9/25/2017 wk 5

	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	Oat O's	1/2 c.	1/2 c.	cornflakes	3/4 c.	3/4 c.	rice Crispies	3/4 c.	3/4 c.	Oat O's	1/2 c.	1/2 c.	Raisin bran	1/2 c.	1/2 c.

Breakfast															
grain	English muffin	1/2	1/2	Bran Muffin	1/2	1	Wheat Pancake	1	1	bagel	1/2	1/2	Chex Strawberry Yogurt	1 pk	1 pk
fruit	apple slices	1/4 c.	1/2 c.	Orange juice	1/4 c.	1/2 c.	grape juice	1/4 c.	1/2 c.	apple juice	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										butter					

Lunch

	Turkey			Creamy Chicken and Noodles			Lasagna			Ham and Cheese Croissant			Fish sticks		
meat	Turkey	1 oz	1.5 oz	diced chicken	1oz	1.5 oz	beef	1 oz	1.5 oz	Deli sliced Ham	1 oz	1.5 oz	Fish	1 oz	1.5 oz
meat alt.	Black Bean patty	1 oz	1.5 oz	Tofu / noodles			veggie lasagna	1 oz	1.5 oz	bean spread	1 oz	1.5oz	Veggie Sliders	1 oz	1.5 oz
Vegetable	roasted cauliflour	1/8 c.	1/4 c.	peas	1/8 c.	1/4 c.	romaine salad	1/8 c.	1/4 c.	Broccoli	1/8 c.	1/4 c.	green bean	1/8 c.	1/4 c.
fruit /veg	Cantaloupe	1/8 c.	1/4 c.	peaches diced	1/8 c.	1/4 c.	Diced Pears	1/8 c.	1/4 c.	pineapple	1/8 c.	1/4 c.	grapes / applesause	1/8 c.	1/4 c.
grain	dinner roll	1/2	1	(noodles)	1 oz	1.5 oz	(noodles)	1 oz	1.5 oz	croissant	1/2	1	Mac and Cheese	1 oz	1.5 oz
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							Caesar dressing			Cheddar cheese slice					

PM Snack															
grain	Tortilla chips (2-5)									Bosco Stick	1/2	1	Pumpkin muffin	1	1
fruit/juice	Goldfish (0-1)	2 oz	3 oz	cuties / mandarin	1	1									
vegetable							peeled cucumber slices	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.
	salsa for chips						ranch								

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