

9/25/2017 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
<b>AM Snack</b>															
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	1/2 c.	1/2 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.

<b>Breakfast</b>															
grain	Veggie sausage patty	1	1	pancake	1	1	croissants	1/2	1	biscuit	1	1	english muffin	1/2	1
fruit	orange juice	1/4 c.	1/2 c.	apple juice	1/4 c.	1/2 c.	grape juice	1/4 c.	1/2 c.	melon salad	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				syrup			cream cheese			butter			jelly		

<b>Lunch</b>															
	<b>BBQ Chicken Sandwich</b>			<b>Beef Mac and Cheese</b>			<b>Chicken Nuggets</b>			<b>Sloppy Joe</b>			<b>Pizza / Flat Bread</b>		
meat	cubed chicken	1 oz	1.5oz	ground beef	1 oz	1.5 oz	Chicken Nuggets	1 oz	1.5oz	ground turkey	1 oz	1.5 oz	pepperoni	1 oz	1.5 oz
meat alt.	BBQ veggie patty	1 oz	1.5 oz	Pasta and Cheese	1 oz	1.5 oz	Vegan Nuggets	1 oz	1.5 oz	Sloppy Jane	1 oz	1.5 oz	veggie (flat bread)	1 oz	1.5 oz
Vegetable	roasted potato	1/8 c.	1/4 c.	Peas	1/8 c.	1/4 c.	corn	1/8 c.	1/4 c.	Baked Beans	1/8 c.	1/4 c.	spinach salad	1/8 c.	1/4 c.
fruit / veg	Diced Apricots	1/8 c.	1/4 c.	diced peaches	1/8 c.	1/4 c.	strawberries	1/8 c.	1/4 c.	Sweat potato fries	1/8 c.	1/4 c.	roasted cauliflower	1/8 c.	1/4 c.
grain	bun	1/2	1	(pasta)	1 oz	1.5 oz	dinner roll	1 oz	1.5 oz	buns	1 oz	1.5 oz	(flat bread)	1 oz	1 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				noodle to equal per serving	1/4 c.	1/2 c.	bbq sauce/ketchup						cheese stick / honey mustard	1	1

<b>PM Snack</b>															
grain	Pita	1/2	1/2				goldfish	1/2 c.	1/2 c.	Bread stick	1/2	1	Chex cereal (0-1) Chex		
fruit/juice				banana	1/2 c.	1/2 c.							Mix (2-5)	1 oz	1 oz
vegetable	Hummus	1/4 c.	1/4 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.
										cheese sauce					

<b>dietary substitutions</b>															
Breakfast				gluten			gluten & dairy			gluten & dairy			gluten		
Lunch	gluten			gluten			gluten			gluten			gluten & dairy		
PM	gluten						gluten			gluten & dairy			gluten		