

Breakfast (B)					
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	fruit cup	strawberries	grapes	juice	pears
Bread/Grains	toast	waffles	pancakes	cereal	banana bread
Optional					
A.M. Snack (AM)					
Choose 2 of 4:					
Milk/Fruit,Veg					
Meat/Grain					
Lunch (L)					
Main Dish (optional)	grilled cheese	hot dish			spaghetti
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternate	cheese*	hamburger*	chicken nuggets	hot dogs	sausage*
Fruit/Vegetable	oranges	tater tots*	carrots	baked beans	tomato sauce*
Fruit/Vegetable	mixed veggies	peas	peaches	apple slices	pears
Bread/Grains	bread*	biscuit	bread	bun	noodles*/biscuit
Optional					
P.M. Snack (PM)					
Choose 2 of 4:					
Milk/Fruit,Veg	juice	Juice	milk	milk	juice
Meat/Grain	biscuit	soft pretzel	banana bread	finger sandwiches	graham crackers
Cereals:		Juices:		Crackers:	
Kix, Rice Krispies, Cheerios		100% apple, grape, orange		saltines, graham, hi-ho	