

Dates _____

All components that are **red** are whole grain.

WEEKLY MENU #1

All juice is 100% vitamin C fortified!

DAY OF THE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	fluid milk	milk	milk	milk	milk	milk
	fruit, vegetable or full strength juice	raisins	mandarin oranges	apple sauce	pears	banana
	cereal or bread equivalent	oatmeal	muffins	p.b. toast	cheese toast	cheerios
	+ additional food (optional)					
LUNCH	fluid milk	milk	milk	milk	milk	milk
	meat and/or alternate	meat & sauce	pb&j	hamburger mac	eggs	chicken nuggets
	vegetable or fruit	mixed fruit	banana	peaches	pineapple	blueberries
	vegetable or fruit	green beans	french fries	peas	hashbrowns	corn
	bread or equivalent	spagetti noodles	bread	macaroni	toast	string cheese
	additional food (optional)	parmesan cheese	string cheese	roll		
PM SNACK	choose two of these four: fluid milk	milk	apple juice	cottage cheese	rice cakes	milk
	fruit, vegetable or full strength juice					
	cereal or bread equivalent	pretzels	wheat thins	peaches	peanut butter	animal crackers
	meat and/or alternate					

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WEEKLY MENU #2

All juice is 100% vitamin C fortified!

DAY OF THE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	fluid milk	milk	milk	milk	milk	milk
	fruit, vegetable or full strength juice	apples	oranges	strawberries	oranges	pears
	cereal or bread equivalent	sausage patties	Cheerios	waffles	pancakes	shredded mini wheats
	+ additional food (optional)	eggs or toast				
LUNCH	fluid milk	milk	milk	milk	milk	milk
	meat and/or alternate	bean burritos	grilled cheese	turkey meatballs	pizza (add cheese)	fish sticks
	vegetable or fruit	peaches	tomato soup	mixed fruit	lettuce/tomato	apples
	vegetable or fruit	corn	carrots	green beans	corn	tator tots
	bread or equivalent	tortillas	bread	roll	string cheese	mac & cheese
	additional food (optional)					
PM SNACK	choose two of these four: fluid milk	milk	orange juice	milk	popped rice crisps	string cheese
	fruit, vegetable or full strength juice					
	cereal or bread equivalent	carrots w/ranch	gold fish	pb & J	apple juice	crackers
	meat and/or alternate					

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WEEKLY MENU #3

All juice is 100% vitamin C fortified!

DAY OF THE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	fluid milk	milk	milk	milk	milk	milk
	fruit, vegetable or full strength juice	grapes	blueberries	grapes	blueberries	grapes
	cereal or bread equivalent	oatmeal	bagels	p.b. toast	sausage pancake	cheerios
	+ additional food (optional)		cream cheese			
LUNCH	fluid milk	milk	milk	milk	milk	milk
	meat and/or alternate	eggs	chili beans	hamburger	chicken parmesan	tuna Casserole
	vegetable or fruit	hashbrowns	peaches	mangos	pineapple	pears
	vegetable or fruit	banana	french fries	lettuce/carrot	mixed veggies	sweet peas
	bread or equivalent	french toast	bun	roll	rice	crackers
	additional food (optional)		hot dog			
PM SNACK	choose two of these four: fluid milk	Milk	raisins	milk	rice cakes	cheese crackers
	fruit, vegetable or full strength juice					
	cereal or bread equivalent	Sun chips	wheat thins	cheezits	peanut butter	grape juice
	meat and/or alternate					

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WEEKLY MENU #4

All juice is 100% vitamin C fortified!

DAY OF THE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	fluid milk	milk	milk	milk	milk	milk
	fruit, vegetable or full strength juice	strawberries	peaches	strawberries	peaches	banana
	cereal or bread equivalent	french toast sticks	toast	waffles	biscuits	shredded mini wheats
	+ additional food (optional)		eggs or toast		gravy or jelly	
LUNCH	fluid milk	milk	milk	milk	milk	milk
	meat and/or alternate	cheese quesadilla	fish sticks	chicken casserole	baked chicken	sloppy joes
	vegetable or fruit	corn	tator tots	broccoli	mangos	french fries
	vegetable or fruit	pineapple	mixed fruit	pears	mixed vegetables	peaches
	bread or equivalent	tortillas	string cheese	roll	roll	bun
	additional food (optional)	refried beans				
PM SNACK	choose two of these four: fluid milk	milk	apple juice	milk	popped rice crisps	ritz crackers
	fruit, vegetable or full strength juice					
	cereal or bread equivalent	pretzels	gold fish	p.b. crackers	milk	milk
	meat and/or alternate					

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WEEKLY MENU #5

All juice is 100% vitamin C fortified!

DAY OF THE WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	fluid milk	milk	milk	milk	milk	milk
	fruit, vegetable or full strength juice	raisins	mandarin oranges	apple sauce	pears	banana
	cereal or bread equivalent	oatmeal	muffins	p.b. toast	cheese toast	cheerios
	+ additional food (optional)					
LUNCH	fluid milk	milk	milk	milk	milk	milk
	meat and/or alternate	meat & sauce	pb&j	hamburger mac	eggs	chicken nuggets
	vegetable or fruit	mixed fruit	banana	peaches	pineapple	blueberries
	vegetable or fruit	green beans	french fries	peas	hashbrowns	corn
	bread or equivalent	spagetti noodles	bread	macaroni	toast	string cheese
additional food (optional)	parmesan cheese	string cheese	roll			
PM SNACK	choose two of these four: fluid milk	milk	apple juice	cottage cheese	rice cakes	milk
	fruit, vegetable or full strength juice					
	cereal or bread equivalent	pretzels	wheat thins	peaches	peanut butter	animal crackers
	meat and/or alternate					