



Monday	Tuesday	Wednesday	Thursday	Friday
yogurt parfait	wheat bagel and cream cheese	pancakes and bananas	blueberries and cereal	applesauce and raisin bread
tacos w/ground turkey lettuce and tomato fruit whole milk	grilled chicken salad fruit Hawaiian rolls whole milk	egg casserole mixed raw veggies fruit whole milk	cheese tortellini broccoli fruit whole milk	bbq chicken sandwich cauliflower au gratin fruit whole milk
pretzel chips and hummus	fruit and rice crispy treats	cucumbers, carrot sticks, and dip	apple slices and goldfish	fruit popsicles
Infant substitutions: crackers		green beans, oatmeal bar		wheat toast
pancakes and fruit	blueberry muffins & whole milk	oatmeal and fruit	fruit and cereal	whole milk & fig bar
cheesy chicken subs carrot sticks fruit whole milk	meatloaf w/ zucchini mashed potatoes fruit whole milk	baked chicken brown rice broccoli whole milk	spaghetti w/meat sauce green beans fruit whole milk	turkey pinwheels lettuce and tomato fruit whole milk
Salsa and tortilla chips	String cheese and Ritz	fruit pizza	zucchini bread	trail mix
Infant substitutions: cooked carrots				
breakfast smoothie	biscuits and whole milk	cinnamon toast w/cream cheese strawberries	waffle and sunbutter	bananas and cereal
chili w/ground turkey fruit corn bread whole milk	grilled chicken sandwich carrot sticks fruit whole milk	chicken and broccoli fruit brown rice whole milk	pasta salad w/tomatoes fruit whole milk	tomato soup grilled cheese sandwich fruit whole milk
hummus and pretzel chips	frozen strawberry yogurt	cheese and crackers	trail mix	cottage cheese and watermelon
Infant substitutions: crackers	cooked carrots, crackers		oatmeal bar	
fruit and oatmeal	scrambled eggs and wheat toast	wheat bagel with cream cheese	cereal and fruit	biscuits and whole milk
turkey meatball subs green beans fruit whole milk	chicken alfredo peas fruit whole milk	burritos refried beans fruit whole milk	chicken teriyaki broccoli fruit whole milk	sunbutter and jam sandwich carrot sticks fruit whole milk
trail mix	fruit popsicles	salsa and tortilla chips	cheese and crackers	apple slices and goldfish
Infant substitution: oatmeal bar		cheese and crackers		cooked carrots
raisin bread, cream cheese	yogurt parfait	banana muffin w/milk	strawberries and cereal	scrambled eggs and wheat toast
baked ziti and ground turkey w/tomato sauce fruit whole milk	baked potato w/ grilled chicken, and broccoli fruit whole milk	nachos w/ground turkey guacamole and tomatoes fruit whole milk	turkey burger sweet potato fries fruit whole milk	pizza garden salad fruit whole milk
bell peppers and dip	zucchini bread	pudding	cinnamon chips	fruit popsicles
Infant substitution: crackers		green beans, tortillas		wheat toast