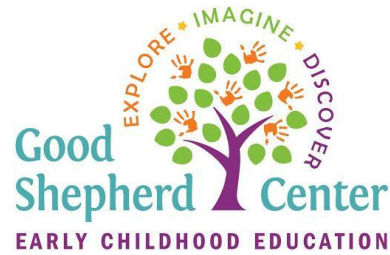


WEEK ONE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|
| Cereal (WG) Apples Milk | Pancakes Apples Milk | Oatmeal (WG) Blueberries Milk | French Toast (Frozen) Pears Milk | Toast (WG) Bananas Milk |
| Bun Turkey Hotdogs Applesauce Corn Milk | WW Noodles Gr. Beef Red Sauce Pears Vegetable Medley Milk | Grilled Cheese (Protein: Cheese) Apples Tomato Soup Milk | Fried Brown Rice with Chicken Mandarin Oranges (Peas + Carrots) Milk | Mac & Cheese Fish Sticks Fruit Cocktail Broccoli Milk |
| Cucumbers + Ranch Saltines | Granola (WG) Yogurt | French Fries Milk | Blueberry Muffins (WG) Milk | Melon Fruit Salad Animal Crackers |

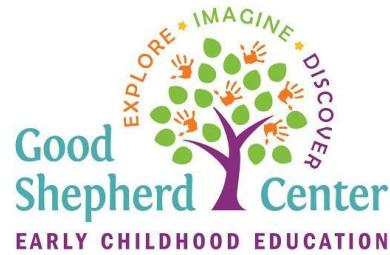
Whole Milk = 1-2 yrs old
 1% or Skim = 2+ yrs old
 (WG) = Whole Grain item



WEEK TWO

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| Cereal (WG) Apples Milk | Biscuits & Gravy Apples Milk | Oatmeal (WG) Blueberries Milk | Bagels + Cream Cheese Pears Milk | Toast (WG) Bananas Milk |
| WW Goulash (WG) (Gr. Beef) Fruit Cocktail (Tomatoes) Milk | Brown Rice (WG) (Sausage) Peaches (Red Beans) Milk | Cornbread (WG) Baked Beans Pears Vegetable Medley Milk | Cheese Quesadilla Baked Chicken Pineapple Peas Milk | Roll Pork Loin Apples Mashed Potatoes Milk |
| Cottage Cheese Triscuits (WG) | Kix Mix Milk | Pretzels + Cheese Sauce Milk | Pumpkin Bread (WG) Milk | Grapes Graham Crackers |

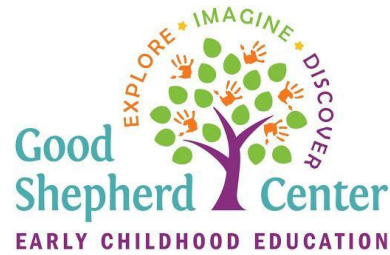
Whole Milk = 1-2 yrs old
 1% or Skim = 2+ yrs old
 (WG) = Whole Grain item



WEEK THREE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|--|
| Cereal (WG) Apples Milk | Granola (WG) + Yogurt Mixed Berries Milk | Oatmeal (WG) Blueberries Milk | Waffles (Frozen) Pears Milk | Toast (WG) Bananas Milk |
| Spaghetti Noodles Gr. Turkey Red Sauce Peaches Vegetable Medley Milk | Buttered Noodles Chicken Nuggets Fruit Cocktail Corn Milk | Saltines Vegetarian Chili Pears Green Beans Milk | (WW Egg Noddles) Beef Stroganoff Apples Peas + Carrots Milk | Hawaiian Roll Fish Sticks Applesauce Broccoli Milk |
| String Cheese Goldfish | Apples + WOW Butter Ritz | Pita + Hummus Milk | Apple Muffins (WG) Milk | Pears Graham Crackers |

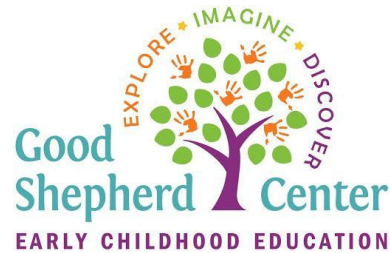
Whole Milk = 1-2 yrs old
 1% or Skim = 2+ yrs old
 (WG) = Whole Grain item



WEEK FOUR

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| Cereal (WG) Apples Milk | Pancakes Melon Fruit Salad Milk | Oatmeal (WG) Blueberries Milk | Blueberry Muffins Pears Milk | Toast (WG) Bananas Milk |
| Bun Turkey Hotdogs Applesauce Cheesy Cauliflower Milk | Roll (Gr. Beef) Fruit Cocktail Tatertot Casserole Milk | Rice (WG) + Red Beans Peaches Green Beans Milk | Chicken Noodle Soup (Chicken) Mandarin Oranges (Carrot) Milk | Brown Rice (WG) Gr. Beef Tacos Pineapple Black Beans + Corn Milk |
| Granola (WG) Yogurt | Grapes Belvita (WG) | Garlic Bread + Marinara Milk | Cinnamon Muffin (WG) Milk | Applesauce Animal Crackers |

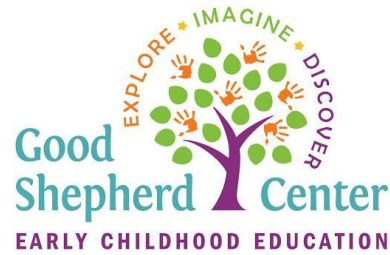
Whole Milk = 1-2 yrs old
 1% or Skim = 2+ yrs old
 (WG) = Whole Grain item



WEEK FIVE

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Cereal (WG) Apples Milk | French Toast (Frozen) Pears Milk | Oatmeal (WG) Blueberries Milk | Cornbread Apples Milk | Toast (WG) Bananas Milk |
| Mac & Cheese Fish Sticks Fruit Cocktail Peas Milk | WW Noodles (WG) Meatballs Pineapple Vegetable Medley Milk | Pita Falafels + Hummus Mandarin Oranges Cucumber + Tomato Milk | Cheesy Br. Rice Casserole (Chicken) Pears (Broccoli) Milk | Bun Pulled Pork Watermelon Baked Beans Milk |
| Cottage Cheese Triscuits (WG) | Cucumbers + Ranch Oyster Crackers | String Cheese Melon Fruit Salad | Applesauce Bread (WG) Milk | Apples Animal Crackers |

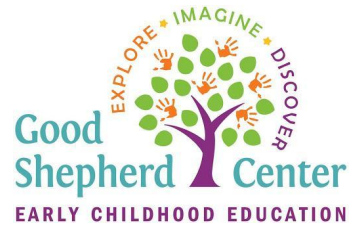
Whole Milk = 1-2 yrs old
 1% or Skim = 2+ yrs old
 (WG) = Whole Grain item



WEEK SIX

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|--|--|
| Cereal (WG) Apples Milk | Cinnamon Apple Muffins Pears Milk | Oatmeal (WG) Blueberries Milk | Jelly Kolaches Apples Milk | Toast (WG) Bananas Milk |
| Bun Gr. Beef Sloppy Joes Watermelon Mashed Potatoes Milk | WW Noodles (WG) Creamy Chicken Pasta Pineapple Vegetable Medley Milk | Bread (WG) WOW Butter + Jelly Apples Peas + Carrots Milk | Saltines Beef Chili Pears (Beans) Milk | Buttered WW Noodles Chicken Nuggets Mandarin Oranges Broccoli Milk |
| String Cheese Goldfish | Carrots + Hummus Triscuits (WG) | Apples Ritz | Banana Bread (WG) Milk | Applesauce Graham Crackers |

Whole Milk = 1-2 yrs old
 1% or Skim = 2+ yrs old
 (WG) = Whole Grain item

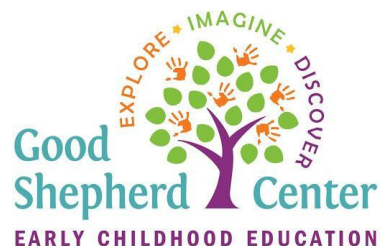


Date:

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|--|--|
| Breakfast: Grain and/or Protein Fruit Milk | Grain and/or Protein Fruit Milk | Grain and/or Protein Fruit Milk | Grain and/or Protein Fruit Milk | Grain and/or Protein Fruit Milk | Grain and/or Protein Fruit Milk |
| Lunch: Grain Protein Fruit Vegetable Milk | Grain Protein Fruit Vegetable Milk | Grain Protein Fruit Vegetable Milk | Grain Protein Fruit Vegetable Milk | Grain Protein Fruit Vegetable Milk | Grain Protein Fruit Vegetable Milk |
| Snack (2): Fruit Vegetable Grain Protein Milk | Fruit Vegetable Grain Protein Milk | Fruit Vegetable Grain Protein Milk | Fruit Vegetable Grain Protein Milk | Fruit Vegetable Grain Protein Milk | Fruit Vegetable Grain Protein Milk |

NOTES:

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---------------|----------------|------------------|-----------------|---------------|
| Breakfast: Grain and/or Protein Fruit Milk | | | | | |
| Lunch: Grain Protein Fruit Vegetable Milk | | | | | |
| Snack (2): Fruit Vegetable Grain Protein Milk | | | | | |



WEEK FOUR: 4/25/22-4/29/22

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|--|
| Cereal (WG) Apples Milk | Pancakes Melon Fruit Salad Milk | Oatmeal (WG) Blueberries Milk | Blueberry Muffins (WG) Pears Milk | Cereal (WG) Bananas Milk |
| Bun Turkey Hotdogs Applesauce Cheesy Cauliflower Milk | Roll (Gr. Beef) Fruit Cocktail Tatertot Casserole Milk | Rice (WG) + Red Beans Peaches Green Beans Milk | Chicken Matzo Ball Soup Saltine Crackers Mandarin Oranges (Carrots in soup) Milk | Brown Rice (WG) Gr. Beef Tacos Fruitcocktail Black Beans + Corn Milk |
| Granola (WG) Yogurt | Grapes Belvita (WG) | Garlic Bread + Marinara Milk | Gold Fish Milk | Milk Belvita (WG) |

Cereal Options:
Original Cheerios
Original Life
Quaker Oatmeal Squares
Frosted Mini-Wheats

Milk by Age:
Whole Milk = 1-2 yrs old
1% or Skim = 2+ yrs old

(WG) = Whole Grain item