

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Cereal # Bananas ◊ Water / milk Δ	Yogurt ⊕ Strawberries ◊ Kashi GoLean cereal # Water / milk Δ	Oatmeal # Apple slices ◊ Water / milk Δ	Cereal # Blueberries ◊ Water / milk Δ	W/w toast # Wow butter ⊕ Grapes ◊ Water / milk Δ
Half Day Snack		Yogurt ⊕ Strawberries ◊ Kashi GoLean cereal # Water / milk Δ		Cereal mix # Apple slices ◊ Water / milk	
Lunch	Meatballs & sauce ⊕ Pasta # Garlic bread # Veggie sticks ◊ <i><carrots, cucumber, red & green sweet peppers></i> Peaches ◊ Milk Δ	Chicken noodle soup ⊕ # W/w Bun/butter # "or" Saltines Raw Veggie sticks ◊ <i><carrot & cucumber></i> Melon mix ◊ Milk Δ	Breakfast sandwich ⊕Δ <i>Eggs & cheese</i> Veggie sticks ◊ <i><carrots & cucumber></i> Pears ◊ Milk Δ	Fish & Potato Bake ⊕ Δ <i>Infants – Alternate chicken</i> Mixed veggies ◊ W/w bread/butter # Apple sauce ◊ Milk Δ	BBQ Pork patties ⊕ Rice ◊ Broccoli ◊ W/w Bread/butter # Blueberries ◊ Milk Δ
Afternoon Snack	Apple slices ◊ Digestives # Water	Orange slices ◊ <i>Infants - Alternate fruit</i> Zucchini muffin # Water	Banana ◊ W/w flatbread # Wow butter ⊕ Water	Grapes ◊ Cheese portions ⊕ Whole grain crackers # Water	Watermelon ◊ Arrowroot cookies # Water

Suggested Daily Requirements -- 2/Dairy Δ 3/Grains # 4/Fruits & Vegetables ◊ 1/ Meat & Alternatives ⊕