



<p><u>4:</u> <u>Breakfast:</u> Whole grain Bagel Fresh Raspberries <u>Lunch:</u> Grilled Chicken Breast on a hotdog bun Garbanzo Beans Fresh Apple Slices/Apple sauce <u>Snack:</u> Saltines Cheese stick</p>	<p><u>5:</u> <u>Breakfast:</u> Whole grain Toast Raisins <u>Lunch:</u> Turkey Meatball OR Vegan Meatball sliders On a whole wheat roll Sliced grape tomatoes Fresh Clementines <u>Snack:</u> Goldfish Celery sticks</p>	<p><u>6:</u> <u>Breakfast:</u> English Muffin Pear slices <u>Lunch:</u> White meat chicken nuggets OR vegan nugs Baked Beans Sliced Peaches <u>Snack:</u> Graham Crackers Go-gurt</p>	<p><u>7:</u> <u>Breakfast:</u> Whole grain Cereal Banana chips <u>Lunch:</u> Sunbutter and Jelly on a hamburger bun Sliced Cucumbers spears Mandarin oranges <u>Snack:</u> Cinnamon apple straws Craisins</p>	<p><u>8:</u> <u>Breakfast:</u> Sausage Link OR Toast Fresh Strawberries <u>Lunch:</u> Turkey roll-up on a tortilla Salad with cabbage and carrots/Black beans Banana <u>Snack:</u> Animal crackers Cheese slices</p>
<p><u>11:</u> <u>Breakfast:</u> Whole grain Pancakes Fresh Pineapple <u>Lunch:</u> Sliced Hotdog OR vegan hotdog on a hotdog bun Fresh Snow Peas Fresh Clementines <u>Snack:</u> Multi-grain club crackers Go-gurt tube (Non-dairy children have Own)</p>	<p><u>12:</u> <u>Breakfast:</u> Toasted O's (Cheerios) Hashbrowns <u>Lunch:</u> Mac and Cheese with Corn Pear Slices <u>Snack:</u> Oyster Crackers Colby Jack cheese stick (OR Apple Sauce)</p>	<p><u>13:</u> <u>Breakfast:</u> Toasted O's (Cheerios) Dried Fruit <u>Lunch:</u> Chicken a la King with mixed veggies Brown rice Fruit Cocktail <u>Snack:</u> Low-fat yogurt (Non-dairy children have Own) Protein Granola</p>	<p><u>14:</u> <u>Breakfast:</u> Whole Grain Breakfast Bar Fresh Grapefruit slices <u>Lunch:</u> Ham slices OR none, cheese cubes OR none, w/ grain Buttery Rounds Sliced grape tomatoes Raisins <u>Snack:</u> Woven Wheat crackers Sunbutter</p>	<p><u>15:</u> <u>Breakfast:</u> Whole Wheat Toast Fresh Strawberries <u>Lunch:</u> Sunbutter and Jelly on a hamburger bun Salad with carrots and cabbage/or Peas Banana <u>Snack:</u> Goldfish Apple sauce</p>
<p><u>18:</u> <u>Breakfast:</u> Whole grain Waffle Fresh Cantaloupe <u>Lunch:</u> Whole wheat pasta with meat sauce OR Plain With Sweet Peas Apple slices/Apple sauce <u>Snack:</u> Pretzels twists Humus (OR dried fruit)</p>	<p><u>19:</u> <u>Breakfast:</u> Homemade Biscuits Mandarin Oranges <u>Lunch:</u> Red beans and brown rice with mixed veggies Pineapple chunks <u>Snack:</u> Whole Grain Fig Bars Celery sticks</p>	<p><u>20:</u> <u>Breakfast:</u> Low-fat Yogurt (Non-dairy children have Own) Protein Granola <u>Lunch:</u> Lean Steak patty w/ gravy Mashed Potatoes Cinnamon Crunch whole grain cereal Banana chips</p>	<p><u>21:</u> <u>Breakfast:</u> Raisin Toast Golden Raisins <u>Lunch:</u> Sunbutter and Jelly Roll-up on a Tortilla Sliced Green Peppers Apricots <u>Snack:</u> Whole Grain Cheddar Whales Go-gurt tube (Non-dairy children have Own)</p>	<p><u>22:</u> <u>Breakfast:</u> Sausage Links OR Toast Fresh Strawberries <u>Lunch:</u> Turkey pepperoni OR Mozzarella cheese on a Salad with carrots + cabbage/or Green Beans Croutons/or wheat bread Banana <u>Snack:</u> Mini Alphabet cookies Cheese slices (OR Apple Sauce)</p>
<p><u>25:</u> <u>Breakfast:</u> Whole grain Pancakes Fresh Sliced Grapes <u>Lunch:</u> Cheese Ravioli w/ marinara sauce w/ Spinach Fresh Watermelon <u>Snack:</u> Scooby graham snacks Cottage cheese (OR fruit cup)</p>	<p><u>26:</u> <u>Breakfast:</u> Whole grain Bagel Fresh Blueberries <u>Lunch:</u> Diced Honey Ham OR Mozzarella cheese Green beans Country style Roll Fresh Apple Slices/or apple sauce <u>Snack:</u> Carrot chips/saltines Low-fat ranch dip (OR crackers)</p>	<p><u>27:</u> <u>Breakfast:</u> Homemade Oatmeal with blueberries <u>Lunch:</u> Turkey Kielbasa OR Mozzarella cheese with Potato slices Whole wheat Hotdog bun Fresh Clementines <u>Snack:</u> Wheat Cheddar Cheese crackers Mozzarella Cheese stick (OR Dried Fruit)</p>	<p><u>28:</u> <u>Breakfast:</u> Whole grain Cereal Diced Mangos <u>Lunch:</u> Bologna Sandwich OR Grilled cheese on whole wheat bread Cucumber slices Chunky Mixed Fruit <u>Snack:</u> Graham crackers Craisins</p>	<p><u>29:</u> <u>Breakfast:</u> Whole wheat French Toast Fresh Strawberries <u>Lunch:</u> Sunbutter and Jelly Roll-up on a Tortilla Salad with carrots and cabbage/or Corn Banana <u>Snack:</u> Vanilla Wafers Colby Jack cheese stick (Or dried fruit medley)</p>
<p><u>1:</u> <u>Breakfast:</u> Whole grain Toast Fresh Blackberries <u>Lunch:</u> Turkey Meatball OR Vegan Meatball sliders On a whole wheat roll Sliced grape tomatoes Fresh Clementines <u>Snack:</u> Goldfish Celery sticks</p>	<p><u>2:</u> <u>Breakfast:</u> Whole grain Cereal Golden Raisins <u>Lunch:</u> Chicken patty OR vegan patty on whole wheat bun Broccoli Florets Fresh Honey Dew Slices <u>Snack:</u> Bear Honey Graham snacks Apple Sauce</p>	<p><u>3:</u> <u>Breakfast:</u> Low-fat Yogurt (Non-dairy children have their Own) Protein Granola <u>Lunch:</u> Multi-grain Mini corn dogs OR Vegan Corn dog Sliced Green Peppers Peach slices <u>Snack:</u> Whole Wheat Buttery Rounds Colby Jack cheese cubes (OR Sunbutter)</p>	<p><u>4:</u> <u>Breakfast:</u> Whole Grain Breakfast Bar Fruit Cocktail <u>Lunch:</u> Sunbutter and jelly "cracker sandwiches" (saltines) Garbanzo beans Raisins <u>Snack:</u> Pretzels sticks Humus (OR dried fruit)</p>	<p><u>5:</u> <u>Breakfast:</u> Whole grain Waffles Fresh Strawberries <u>Lunch:</u> Ham OR Cheese roll-up On a tortilla Salad with cabbage and carrots/or Potatoes Banana <u>Snack:</u> Multi-grain club crackers Mozzarella cheese stick (OR Dried fruit)</p>
Milk is served at breakfast and lunch. 1 yrs old-whole milk. 2yrs-5yrs old-1% milk.				