

# Week 1 (ages 3-5)

## Day 1

### Breakfast

1 % milk – ¾ cup  
Banana – 1  
Whole wheat toast –  
1 slice

### Lunch

1% milk – ¾ cup  
Waffle – 1  
Mandarin oranges –  
¼ cup  
Green beans – ¼  
cup  
Vanilla yogurt – ¾  
cup

### PM Snack

Chex mix – ½ cup  
Cheese stick – 1  
Water

## Day 2

### Breakfast

1% milk – ¾ cup  
Apple – 1  
Sun butter – 1 tbsp

### Lunch

1% milk – ¾ cup  
Chicken – 3 oz  
Breadstick – 1  
Broccoli – ¼ cup  
Pineapple – ¼ cup

### PM Snack

Berries – ½ cup  
Kix cereal – ½ cup  
Water

## Day 3

### Breakfast

1% milk – ¾ cup  
Oatmeal - ¼ cup  
Oranges – ½

### Lunch

1% milk – ¾ cup  
Turkey sub  
Turkey – 1 ½ oz  
Cheese – 1 oz  
Bun – 1  
Melon – ¼ cup  
Salad – ½ cup

### PM Snack

Animal crackers –  
10  
Juice – ½ cup

## Day 4

### Breakfast

1% milk – ¾ cup  
Cheerios – ½ cup  
Apple – 1

### Lunch

1% milk – ¾ cup  
Sloppy joes – 3 oz  
Whole wheat bread  
– 1 slice  
Cooked peas – ¼  
cup  
Pears – ¼ cup

### PM Snack

Cheese cubes – 1/2  
oz  
Wheat crackers – 10  
Water

## Day 5

### Breakfast

1% milk – ¾ cup  
Corn muffin – 1  
Pear slices – ½ cup

### Lunch

1% milk – ¾ cup  
Cheese pizza – 1  
slice  
Cooked carrots – ¼  
cup  
Peaches – ¼ cup

### PM Snack

Granola bar – 1  
Mixed fruit – ½ cup  
Water

\*These are minimal amounts required to be served

## Week 2 (ages 3-5)

### Day 1

#### Breakfast

1 % milk – ¾ cup  
Apple – 1  
Mini bagel – 1

#### Lunch

1% milk – ¾ cup  
Mac and cheese  
Cheese – 1 ½ oz  
Noodles – ¼ cup  
Green beans – ¼ cup  
Fruit cocktail – ¼ cup

#### PM Snack

Peaches – ½ cup  
Rice cake – 2  
Water

### Day 2

#### Breakfast

1% milk – ¾ cup  
Pancake – 1  
Orange – 1

#### Lunch

1% milk – ¾ cup  
Cheeseburger – 1  
French fries – 10  
Cooked carrots – ¼ cup  
Pears – ¼ cup

#### PM Snack

Strawberry yogurt – ¼ cup  
Whole wheat goldfish – ½ oz  
Water

### Day 3

#### Breakfast

1% milk – ¾ cup  
Bran flakes – ⅓ cup  
Fruit cocktail – ½ cup

#### Lunch

1% milk – ¾ cup  
Grilled chicken – 3 oz  
Salad – ¼ cup  
Mini pita - 1  
Pineapple – ¼ cup

#### PM Snack

Granola bar – 1  
Raisins – ¼ cup  
Water

### Day 4

#### Breakfast

1% milk – ¾ cup  
Cinnamon croissant – 1  
Pineapple – ½ cup

#### Lunch

1% milk – ¾ cup  
Fish sticks – 6 fish sticks  
Mixed veg. – ¼ cup  
Applesauce – ¼ cup

#### PM Snack

Baked tortilla – 1  
Melted cheddar cheese – ½ oz  
Water

### Day 5

#### Breakfast

1% milk – ¾ cup  
English muffin – ½  
Melon – ½ cup

#### Lunch

1% milk – ¾ cup  
Shell noodles – ¼ cup  
Ham – 1 ½ oz  
Broccoli – ¼ cup  
Peaches – ¼ cup  
Parmesan cheese and butter (no measurement)

#### PM Snack

Banana – 1  
Cheerios – ½ cup  
Water

\*These are minimal amounts required to be served

## Week 3 (ages 3-5)

Day 1	Day 2	Day 3	Day 4	Day 5
<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>	<b>Breakfast</b>
1 % milk – ¾ cup Banana – 1 Whole wheat toast – 1 slice	1% milk – ¾ cup Kix cereal – 1/3 cup Melon – ½ cup	1% milk – ¾ cup Oatmeal – ¼ cup Strawberries – ½ cup	1% milk – ¾ cup Life cereal – 1/3 cup Applesauce - ½ cup	1% milk – ¾ cup Corn muffin – 1 Pear slices – ½ cup
<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>	<b>Lunch</b>
1% milk – ¾ cup Sliced turkey – 1 ½ oz Whole wheat biscuit – 1 Corn – ¼ cup Apple – ½ Gravy (no measurement)	1% milk – ¾ cup Vegetable soup Mixed veg. – ¼ cup Noodles – ¼ cup Cannellini beans – 3/8 cup Crackers – 3 Pears – ¼ cup	1% milk – ¾ cup French toast sticks – 4 Yogurt – ¾ cup Green beans – ¼ cup Pineapple – ¼ cup	1% milk – ¾ cup Spiral Ham – 1 ½ oz Corn – ¼ cup Fruit cocktail – ¼ cup Whole Wheat dinner roll - 1	1% milk – ¾ cup Cheese pizza – 1 slice Cooked carrots – ¼ cup Apple – ½
<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>	<b>PM Snack</b>
Cottage cheese – ¼ cup Peach halves – ½ cup Water	Wheat thins - 10 Mandarin oranges – ½ cup Water	Graham crackers – 2 sheets Juice – ½ cup	Cheese stick – 1 Soft pretzel – 1 Water	Cucumbers – ½ cup Crackers - 10 Water

\*These are minimal amounts required to be served

## Week 4 (ages 3-5)

### Day 1

#### Breakfast

1% milk – ¾ cup  
Pancake – 1  
Peaches – ½ cup

#### Lunch

1% milk – ¾ cup  
Ham sub  
Ham – 1 ½ oz  
Bun – 1  
Cheese – 1 oz  
Broccoli – ¼ cup  
Pears – ¼ cup

#### PM Snack

Cooked carrots – ½ cup  
Graham crackers – 2 sheets  
Water

### Day 2

#### Breakfast

1% milk – ¾ cup  
Mini bagel – 1  
Fruit cocktail – ½ cup

#### Lunch

1% milk – ¾ cup  
Noodles – ¼ cup  
Tomato sauce – 1/8 cup  
Ground beef – 1 ½ oz  
Cooked peas – ¼ cup  
Pineapple – ¼ cup

#### PM Snack

Mandarin oranges – ½ cup  
Cheerios – ½ cup  
Water

### Day 3

#### Breakfast

1% milk – ¾ cup  
Bran flakes – 1/3 cup  
Berries – ½ cup

#### Lunch

1% milk – ¾ cup  
Grilled cheese  
Cheese – 1 ½ oz  
Whole wheat bread – 2 slices  
Tomato soup – ¼ cup  
Green beans – ¼ cup  
Pears – ¼ cup

#### PM Snack

Soft pretzel – 1  
Melon – ½ cup  
Water

### Day 4

#### Breakfast

1% milk – ¾ cup  
English muffin – 1  
Apple – 1

#### Lunch

1% milk – ¾ cup  
Chicken – 3 oz  
Mixed veg. – ¼ cup  
Rice – ¼ cup  
Fruit cocktail – ¼ cup

#### PM Snack

Oranges – ½  
Rice cake – 2  
Water

### Day 5

#### Breakfast

1% milk – ¾ cup  
Cinnamon croissant – 1  
Banana – 1

#### Lunch

1% milk – ¾ cup  
Taco salad  
Ground beef – 1 ½ oz  
Shredded cheese – ½ oz  
Lettuce – ¼ cup  
Mini soft tortilla – 1  
Peaches – ¼ cup

#### PM Snack

Wheat Thins – 10  
Juice – ½ cup

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