

Menu - Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	1/2 c orange juice, 1/2 c scrambled eggs, 1/2 slice whole wheat toast	1/2 cup potato medley fresh fruit	1/2 c fresh banana slices, 1/3 c unsweetened Life cereal	1/2 c applesauce 1/2 whole grain english muffin and 1/2 oz cheddar cheese	3 whole grain waffle sticks with 1 tbsp strawberry sauce
	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*
*Whole milk for Yellow Ducks and Purple Bunnies Classrooms					
Lunch	1/2 barbecued pork on a roll	3 pieces chicken nuggets	1/2 c meat and cheese lasagna	1/2 roasted turkey sandwich	1 c chicken vegetable soup
	1/4 c peas and carrots	1/4 c whole kernel corn	1 slice garlic bread	1 slice whole wheat bread 1 tsp light mayo	1 whole grain bread stick
	1/4 c diced pears	1 fresh plum	1/4 c green salad with 1 tbsp shredded carrots	1/4 c lightly steamed zucchini	1/2 c apple slices
		1/2 whole wheat roll	fresh fruit	1/4 c oven baked potato wedges	
	3/4 c 1% milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*
P.M. Snack	sesame crackers	yogurt fruit dip	fresh fruit		1 oz lowfat cottage cheese
	sundried tomatoes	apple slices	1/2 oz of cheese	1 piece oatmeal muffin square	1/2 oz graham crackers
	water	water	water	3/4 c 1% Milk	water
**Water is served with every P.M. Snack even if another beverage is served					
5 p.m snack	1/4 c Goldfish crackers and water	4 animal crackers and water	1/4 c homemade Chex mix	4 Ritz crackers and water	1/4 c Cheez-It crackers

Menu - Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	1/2 c peach halves 1/2 slice french toast with 1 tbsp reduced calorie syrup	1/2 c banana slices 1/2 slice whole wheat toast with 1 tbsp sunflower butter	1/2 c scrambled eggs on whole grain english muffin	1/2 c fresh diced strawberries 1/4 c cream of wheat cereal	1/2 biscuit 1/2 tbsp fruit jelly and fresh fruit
	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*

*Whole milk for Yellow Ducks and Purple Bunnies Classrooms

Lunch	2/3 c chicken and vegetable and rice casserole	1/2 tuna and cheese sandwich	2/3 c ground beef and spanish rice	1 1/2 oz meatloaf	3/4c sweet and sour pork with 1/4 c veggies
	1/2 c cooked peas	1 slice whole grain bread	1/4 c green beans	1/4 c broccoli	1/4 c cooked long grain rice
	1/2 cup orange slices	1/2 c mixed vegetables	1/3 c orange glazed carrots	1/4 c apple with cinnamon	1/2 c fresh fruit
		1/2 cup fresh fruit		1 whole wheat roll	
	3/4 cup 1% milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*

P.M. Snack	1 slice whole grain cinnamon raisin bread	2 oz lowfat yogurt	1/2 oz reduced fat cheddar cheese	1 baked pretzel	fortune cookies
	light cream cheese	1/2 oz graham cracker sticks	1/2 oz wheat crackers	1/4 c dried pineapple	banana
	water	water	water	3/4 c 1% Milk	3/4 c 1%Milk/Water

**Water is served with every P.M. Snack even if another beverage is served

5 p.m snack	1/4 c. Goldfish crackers and water	4 animal crackers and water	1/4 c homemade Chex mix	4 Ritz crackers and water	1/4 c Cheez-It crackers
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Menu - Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	1/2 c orange sections and 1/2 whole grain cinnamon roll	baked scrambled eggs, 1/2 slice whole wheat toast	1/2 c mixed fruit in light syrup, drained, 1/2 biscuit, and slice of 1/2 oz ham	1/2 c diced fresh berries or seasonal fruit and 1/3 c cooked oatmeal	1/2 cup fresh banana slices and 1/3 c unsweetened cheerios
	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*
*Whole milk for Yellow Ducks and Purple Bunnies Classrooms					
Lunch	1/2 turkey breast (3/4 oz) sandwich on whole wheat bread with 1 tsp light mayonnaise	1 serving pepperoni and cheese pizza on whole wheat crust (serving = 4"x4" square)	chicken quesadilla on a 6" tortilla	1 portion macaroni and cheese	1 1/2 oz baked fish fillet
	1/2 c broccoli cheese soup	1/4 c tropical fruit salad	1/2 c cooked corn	1/4 c peas and carrots cooked	1/4 c. string green beans
	1/4 cup applesauce	4 oz low fat yogurt	fresh fruit	1/4 c fresh fruit	1 piece corn muffin squares
	3/4 cup 1% milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	1/2 c gelatin with fruit
					3/4 c 1%Milk*
P.M. Snack	2 oz low fat yogurt sprinkled with 1 Tbsp granola	1/4 c mixed dried fruit	1 oz reduced fat cheddar cheese	1 banana muffin square	1/4 c lightly steamed carrots and broccoli
		1/2 oz wheat crackers	1/2 c diced pears in extra light syrup	1/2 c 1% milk	1 tbsp low fat salad dressing
	Water**	1/2 c 1% milk*	water	water	1/4 c apple juice
**Water is served with every P.M. Snack even if another beverage is served					
5 p.m snack	1/4 c. Goldfish crackers and water	4 animal crackers and water	2 ginger snaps and water	4 Ritz crackers and water	1/4 c Cheez-It crackers

Menu - Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack	1 Whole grain pancake with 1 tbsp reduced calorie pancake syrup	1/2 c applesauce and 1/2 cut biscuit	1 slice whole grain cinamon raisin bread with light cream cheese	1 breakfast quesadilla with turkey sausage	1/2 cup fresh fruit and 1/3 c unsweetened rice cereal
	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*
*Whole milk for Yellow Ducks and Purple Bunnies Classrooms					
Lunch	3/4 cup turkey chili	1 chicken and mozzarella cheese burrito	1/4 cup brown rice	1/4 cup spaghetti and meat sauce	1 mini hamburger
	1/4 cup brown rice		3/4 cup beef and broccoli stir fry	1/4 cup green salad with 1 tbsp shredded carrots	1 mini whole wheat bun
	1/2 cup frozen corn, cooked	1/2 cup frozen mixed vegetables	1/4 cup pineapple chunks	1 tbsp lowfat salad dressing	sweet potato fries
	1/4 cup Fresh fruit	1/2 cup Fresh Fruit		1/4 cup Fresh Fruit	4 slices Kiwi fruit
	3/4 cup 1% milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*	3/4 c 1%Milk*
P.M. Snack	1 tbsp sunflower butter	1 granola bar	1/2 oz string cheese	1 homemade brownie square	1/2 mini bagel
	1/2 cup apple slices	1/2 cup orange juice	1/4 cup carrot-raisin salad	1/2 cup fresh fruit	1/2 oz cheddar cheese
	water	water	water	3/4 c 1% Milk	water
**Water is served with every P.M. Snack even if another beverage is served					
5 p.m snack	1/4 c. gold fish crackers and water	4 animal crackers and water	1 mini churo and water	4 Ritz crackers and water	1/4 c cheez-it