

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 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	1/2 turkey breast (3/4 oz) sandwich	1 serving Pepperoni and cheese pizza	Chicken Quesadilla	1 portion macaroni and cheese	1 1/2 oz baked fish fillet
	on whole wheat bread with 1 tsp light mayonnaise	on whole wheat crust (serving = 4"x4" square)	on a 6" tortilla	1/4 c peas and carrots cooked	1/4 c. string green beans
	1/2 c broccoli cheese soup	1/4 c Fresh Fruit	1/2 c cooked corn	1/4 c tropical fruit salad	1 piece corn muffin squares
	1/4 cup applesauce	4 oz low fat yogurt	Fresh Fruit		1/2 c gelatin with 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	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. gold fish crackers and water	4 animal crackers and water	2 ginger snaps and water	4 Ritz crackers and water	1/4 c cheez-it
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