

<i>Week 1</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Snack</i>	Cheerios, Milk	Cinnamon Whole Wheat Toast, Milk	Waffles, Milk	Life Cereal, Milk	Apple Crisp Milk
Age-Appropriate Substitute					
<i>Lunch</i>	Chicken Nuggets, Brown Rice, Mixed Vegetables, Melon, Milk	Turkey Tacos, Sour Cream, Salsa, Cheese, Pineapple Chunks, Milk	Baked Ziti, Mixed Vegetables, Pears, Milk	Turkey & Cheddar Cheese Stackers, Cucumber Slices, Peaches, Milk	Chicken Noodle Soup, Bread Roll, Banana Slices, Milk
Age-Appropriate Substitute			Softened Pears		
<i>PM Snack</i>	Ritz Crackers, Cheese Cubes, Water	Tater Tots & Apple Sauce Water	Mango Lassi, Wheat Thins, Water	Carrot Bread with Mixed Berries, Water	Tortilla Chips with Mild Salsa Water
Age-Appropriate Substitute					Tortilla Wraps

<i>Week 2</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Snack</i>	Red Berry Special K Cereal, Milk	Fruit Bowl with Yogurt Drizzle, Water	Oatmeal Milk	French Toast Casserole, Milk	Zucchini Muffins, Milk
Age-Appropriate Substitute					
<i>Lunch</i>	Teriyaki Chicken Brown Rice, Broccoli, Pineapple Chunks, Milk	Cheeseburger Sliders Sweet Potato Fries, Mandarin Oranges, Milk	Chicken Shawarma Brown Rice, Cucumber Salad, Mango, Milk	BBQ Chicken Sliders, Corn, Watermelon, Milk	Grilled Cheese, Tomato Soup, Oranges, Milk
Age-Appropriate Substitute					Mandarin Oranges
<i>PM Snack</i>	Ritz Crackers, Peaches, Water	Pumpkin Cookies & Melon, Water	Banana Slices & Animal Crackers, Water	Go-Gurt, Strawberries, Water	Trailmix, Blueberries, Water
Age-Appropriate Substitute	Softened Apple Slices				

<i>Week 3</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Snack</i>	Rice Krispies, Milk	Yogurt, Homemade Granola, Water	Egg and Cheese Sliders, Water	Biscuits, Strawberry Jam, Milk	Berry Muffins, Milk
Age-Appropriate Substitute					Mandarin Oranges
<i>Lunch</i>	Chicken Potstickers, Vegetable Fried Rice, Orange Slices, Milk	Spaghetti & Meatballs, Garlic Bread, Pears, Milk	Jambalaya, Cornbread, Pineapple, Milk	Fish Sticks, Roasted Potatoes Mixed Vegetables, Melon, Milk	Italian Wedding Soup, Bread Roll, Mangos, Milk
Age-Appropriate Substitute	Mandarin Oranges				
<i>PM Snack</i>	Cream Cheese Dip, Apple Slices, Water	Organic Animal Crackers, Sunbutter, Water	Chocolate Oat Bread, Strawberries, Water	Pita Bread, Hummus, Water	Pretzels, Cheese Cubes, Water
Age-Appropriate Substitute	Graham Crackers				Ritz Crackers

<i>Week 4</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Snack</i>	Cheerios, Milk	Pancakes. Blueberry Compote Water	Bagel, Cream Cheese, Water	Cream of Wheat, Milk	Banana Oat Muffins, Water
Age-Appropriate Substitute					
<i>Lunch</i>	Lemon Pepper Chicken Drumsticks, Mashed Potatoes, Green Beans, Wheat Rolls, Milk	Cheese Pizza, Cucumber Slices, Ranch, Pears, Milk	Orange Chicken, Brown Rice, Mixed Vegetables, Melon, Milk	Mac & Cheese, Broccoli, Peaches, Milk	Minestrone Soup with Whole Wheat Bread, Mango , Milk
Age-Appropriate Substitute	Mandarin Oranges				
<i>PM Snack</i>	Wheat Crackers, Bananas, Water	Goldfish Apple Wedges Water	Grapes, Cheese sticks Water	Cheesy Pinwheels and Ranch, Water	Graham Crackers & Orange Slices, Water
Age-Appropriate Substitute		Softened Apples			

<i>Week</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
<i>Morning Snack</i>					
Age-Appropriate Substitute					
<i>Lunch</i>					
Age-Appropriate Substitute					
<i>PM Snack</i>					
Age-Appropriate Substitute					



Spring Street

Post Alley