

wk 2	Monday	1-2	3-5	Tuesday	1-2	3-5	Wednesday	1-2	3-5	Thursday	1-2	3-5	Friday	1-2	3-5
AM Snack															
fluid	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.
grain	Crispis	1/4 c.	1/2c.	raisin bran	1/4 c.	1/2c.	corn flakes	1/4 c.	1/2c.	rice crispies	1/4 c.	1/2c.	Oat O's	1/4 c.	1/2c.

Breakfast															
grain	english muffin	1/2	1	Teddy graham	1 oz	1 oz	carrot/applesauce muffin	1/2	1	Pita	1/2	1/2	Rice pudding	1/4c	1/4c
fruit	grape juice	1/4 c.	1/2 c.	apples slices	1/4c	1/2 c	orange juice	1/4 c.	1/2 c.	Pineapple juice	1/4 c	1/2 c	banana	1	1
fluid	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.
other	jelly									cream cheese					

Lunch

	Teriyaki Chicken		Salisbury Steak		BBQ Pulled Pork Sandwich		Bean and Rice Burrito		Pizza						
meat	terriyaki chicken	1 oz	1.5 oz	steak patty	1 oz	1.5 oz	pulled pork	1 oz	1.5 oz	veg. re-fried bean	1 oz	1.5oz	Pepperoni	2 oz	2oz
meat alt.	terriyaki tofu	1 oz	1.5 oz	Veggie patty	1 oz	1.5 oz	BBQ Veggie crumble	1 oz	1.5 oz	veg. re-fried bean	1 oz	1.5oz	Veggie	2oz	2 oz
Vegetable	broccoli carrot mix	1/8c	1/4 c	skinless roasted potatoes	1/8 c	1/4 c	baked beans	1/8 c	1/4c	corn	1/8c	1/4c	spinach salad	1/8c	1/4 c
fruit / veg	Mandarin Oranges	1/8 c	1/4 c	roasted caulifower	1/8 c	1/4 c	baked apples	1/8c	1/4 c	apricots	1/8c	1/4 c	diced pears	1/8 c	1/4 c
grain	rice noodles	1/4 c.	1/2 c.	dinner roll	1/2	1/2	wheat bun	1/2	1	tortilla	1/2	1	(crust)	1 oz	1oz
fluid	milk	1/2c	3/4c	milk	1/2c	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2c	3/4 c	milk	1/2c	3/4 c
other				gravy	1/2 c.	3/4 c.			3/4 c.	rice, cheese			mozerella cheese stick/ ranch dressing	1	2

PM Snack															
grain	Pasta Salad	2 oz	2 oz							wheat thins	1 oz	1 oz	Chocolate chip cookie	1	1
fruit				Pineapple	1/2c	1/2c	fruit salad	1/2 c.	1/2 c.						
vegetable															
fluid	milk	1/2 c.	3/4 c.	milk	1/2 c.	1/2 c	milk	1/2 c.	1/2c	water	1/2c	1/2c	milk	1/2 c.	1/2c
				cottage cheese						Cheddar cheese slice	1	1			

dietary substitutions																
Lunch	gluten		gluten		gluten		gluten		gluten		gluten		gluten & dairy			
PM snack	gluten		dairy						gluten & dairy							