

wk 3 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	corn flakes	1/4 c.	1/2c.	rice crispies	1/4 c.	1/2c.	raisin bran	1/4 c.	1/2c.	crispix	1/4 c.	1/2c.	Oat O's	1/4 c.	1/2c.

Breakfast

grain	assorted crackers	1 oz	1oz	croissants / butter	1/2	1/2	wheat pancake	1	1	Buscuit	1/2	1	graham crackers	1 oz	1oz
fruit	Fruit salad	1/4 c	1/2 c	apple juice	1/4 c.	1/2 c.	orange juice	1/4c	1/2c	grape juice	1/4 c.	1/2 c.	orange wedges	1/4c	1/2c
fluid	millk	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				butter						jelly					

Lunch

	Chicken with Biscuit			Taco			Ravioli in Marinara sauce			Sandwich Wrap			Fish Sticks		
meat	Chicken	1 oz	1.5 oz	ground turkey	1 oz	1.5 oz	beef ravioli	1 oz	1.5 oz	ham and cheese	1 oz	1.5 oz	fish	1 oz	1.5oz
meat alt.	Veggie pot pie (white bean and crumbled garden burger)	1 oz	1.5 oz	ground veggie crumble (Soy Protein)	1 oz	1.5oz	cheese ravioli	1 oz	1.5 oz	grilled veggie Navy Bean wrap	1 oz	1.5 oz	Zucchini sticks	1 oz	1.5 oz
Vegetable	mixed veggies	1/8 c	1/4 c	shredded lettuce	1/8 c	1/4 c	California blend	1/8c	1/4 c	roasted cauliflower	1/8 c	1/4c	diced carrots	1/8c	1/4 c
fruit / veg	peaches diced	1/4 c.	1/2 c.	corn	1/8 c	1/4c	Romaine salad (noodle)	1 oz	1.5 oz	sweet potato sticks	1/8c`	1/4 c	mandarin oranges	1/8c	1/4c
grain	biscuit	1/2	1	corn tortilla	1/2	1	milk	1/2 c.	3/4 c.	wheat tortilla	1/2	1	Mac and cheese	1 oz	1.5 oz
fluid	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	Cesear dressing			milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.
other				shredded cheese, sour cream									tarter sauce		

PM Snack

grain	Bread Stick	1	1							sugar cookie	1	1	Hard boiled egg	1/2	1
fruit				banana	1/2 c.	1/2 c									
vegetable							peeled cucumber slices (0-2)/cucumber slices (3-5)	1/2c	1/2c						
fluid	milk	1/2 c.	1/2c	milk	1/2 c.	1/2c	milk	1/2 c.	1/2c	milk	1/2 c.	1/2c	milk	1/2 c.	1/2c
other	cheese sauce						ranch								

dietary substitutions

Lunch	gluten			gluten			gluten & dairy			gluten			gluten		
PM Snack	gluten									gluten					