

wk 4	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
<b>AM Snack</b>															
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	raisin bran	1/4 c.	1/2c.	Oat Q's	1/4 c.	1/2c.	Rice Crispes	1/4 c.	1/2c.	Corn flakes	1/4 c.	1/2c.	Crispix	1/4 c.	1/2c.

<b>Breakfast</b>															
grain	Bagel	1/2	1/2	Nutri-Grain bar	1	1	Biscuit	1/2	1/2	crackers	1oz	1oz	French Toast Sticks	3	3
fruit	Pineapple Juice	1/4c	1/2c	apple slices	1/4 c.	1/2 c.	banana	1/2	1/2	apple juice	1/4 c.	1/2 c.	grape juice	1/4c	1/2c
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	cream cheese						jelly			Cheddar cheese	1	1			

<b>Lunch</b>																			
<b>Ham and Au Gratin</b>																			
<b>Potatoes</b>				<b>Cheeseburger</b>				<b>Chicken Fajitas</b>				<b>Turkey Chili</b>				<b>Pizza</b>			
meat	ham	1oz	1.5oz	beef patty	1 oz	1.5 oz	chicken	1 oz	1.5oz	ground turkey	1 oz	1.5oz	sausage	2oz	2oz				
	Brussel Sprout Cheese																		
meat alt.	/Rice	1oz	1.5oz	black bean patty	1 oz	1.5oz	crumbled garden patty	1 oz	1.5oz	veg. chili (beans)	1oz	1.5oz	Veggie patty	2oz	2oz				
Vegetable	Potato (in casserole)	1/8c	1/4c	green beans	1/8c	1/4c	fajita vegetables	1/8 c	1/4 c	broccoli	1/8c	1/4c	roasted veggies	1/8c	1/4c				
	grapes (3-5)																		
fruit / veg	cantalope (0-2)	1/8c	1/4c	apricots diced	1/8c	1/4c	peaches diced	1/8c	1/4c	pineapple tidbits	1/8 c	1/4c	pears diced	1/8c	1/4c				
grain	Dinner roll	1/2	1	bun	1	1	tortilla	1/2	1	corn muffin	1	1	(wheat crust)	2oz	2oz				
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				Cheddar Cheese slice/Ketchup			shredded cheese						cheese stick	1	1				

<b>PM Snack</b>															
grain	pumpkin muffin	1/2	1				snicker doodle cookies	1	1				animal crackers	1 oz	1 oz
fruit/juice				strawberries	1/2 c	1/2c				applesauce	1/2 c.	1/2 c.			
vegetable															
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
other				yogurt	1/4c	1/4c									

<b>dietary substitutions</b>															
Lunch	dairy			gluten			gluten			gluten			gluten & dairy		
PM snack	gluten			dairy			gluten						gluten		