wk 5	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	Oat O's	1/4 c.	1/2c.	cornflakes	1/4 c.	1/2c.	rice Crispies	1/4 c.	1/2c.	Oat O's	1/4 c.	1/2c.	Raisin bran	1/4 c.	1/2c.
Breakfast															
grain	Graham Crackers	1 oz	1 oz	English Muffin w/ jelly	1/2	1	Wheat thin crackers	1 oz	1oz	Oatmeal Square	1	1	Pita	1/2	1/2
fruit	apple slices	1/4 c.	1/2 c	orange juice	1/4 c.	1/2 c.	grape juice	1/4 c.	1/2 c.	apple juice	1/4c	1/2c	pineapple juice	1/4c	1/2c
fluid	milk	1/2 c.	3/4c	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							cheese						flavored cream chz		
Lunch															
	Meatloaf			**Creamy Chicken and Noodles**			**Lasagna**			**Ham and Cheese Croissant**			**Tuna Sliders**		
meat	ground turkey	1 oz	1.5 oz	diced chicken	1oz	1.5 oz	beef	1 oz	1.5 oz	Deli sliced Ham	1 oz	1.5 oz	Tuna	1 oz	1.5 oz
meat alt.	Garden burger	1 oz	1.5 oz	cheese and bean noodles			veggie lasagna	1 oz	1.5 oz	Cheddar cheese	1 oz	1.5oz	Veggie Hummus	1 oz	1.5 oz
Vegetable	broccoli	1/8c	1/4c	peas	1/8c	1/4c	romaine salad	1/8c	1/4c	slaw	1/8c	1/4c	corn	1/8c	1/4c
fruit /veg	Cantaloupe	1/8c	1/4c	peaches diced	1/8 c	1/4c	Diced Pears	1/8c	1/4c	pineapple	1/8c	1/4c	baked apples	1/8c	1/4c
grain	dinner roll	1/2	1	(noodles)	1 oz	1.5 oz	(noodles)	1 oz	1.5 oz	croissant	1/2	1	(bun)	1 oz	1.5 oz
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							Caesar dressing			Cheddar cheese slice					
PM Snack															
grain	Cornchips (3-5) Goldfish (0-2)	2 oz	3 oz										Bosco stick	1/2	1
fruit/juice				banana	1/2c	1/2c				Mandarin Oranges	1/2c	1/2c			
vegetable							Green peppers	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
	salsa for chips						ranch								

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