

	1-2 YRS	3-5 YRS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Grains or Meat/Meat Alt	1 oz	1.5 oz	WGR Scooters	WW Bagel	Rice Krispies	WGR Muffin	Corn Flakes
Vegetable and/or Fruit	½ oz eq	½ oz eq	Unsweetened Applesauce	Nectarine	Orange	Plum	Apple
Extra				Jelly		Trans Fat Free Margarine	
LUNCH							
Milk	½ cup	¾ cup	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk	Whole Milk/1% Milk
Meat / Meat Alternate	1 oz	1.5 oz	Vegetarian Lasagna	Sliced Turkey with Gravy	Hamburger	Chicken Parmesan	Fish Stick
Grains / Bread	½ oz eq	½ oz eq	WW Bread	WW Couscous	WW Bun	WW Pasta	Brown Rice
Vegetable	1/8 cup	¼ cup	Broccoli	Spinach	Carrots	Italian Blend Veggies	Peas
Fruit	1/8 cup	¼ cup	Orange	Peach	Pear	Nectarine	Unsweetened Applesauce
Extra					Ketchup		
PM SNACK							
Milk	½ cup	¾ cup				Whole Milk/1% Milk	
Meat / Meat Alt	½ oz	½ oz			Plain Yogurt		Sunflower Butter
Grains / Bread	½ oz eq	½ oz eq	WGR Cheez-Its	WGR Muffin		Graham Crackers	WW Bread
Vegetable	½ cup	½ cup					
Fruit	½ cup	½ cup	Plum	100% Orange Juice	Unsweetened Applesauce		

Fruit subject to change based on availability.

