

Breakfast Serve all 3 required components

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1% milk	1% milk	1% milk	1% milk	1% milk
Vegetable/Fruit	banana	sliced apple	sliced cantaloupe	fresh blueberries	Mandarin oranges
Grains/Bread	Cheerios® cereal, original	hot oatmeal with cinnamon	100% whole wheat toast	Wheat Chex® cereal	whole grain English muffin

Lunch Serve all 5 required components

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk	1% milk	1% milk	1% milk	1% milk	1% milk
Vegetable/Fruit	baked potato wedges	pineapple in natural juice	fruit cup in light syrup	kiwi fruit	baked apple
Vegetable/Fruit	red pepper strips	broccoli	tossed salad	steamed kale	baked sweet potato
Grains/Bread	whole wheat bun	brown rice	egg noodles	whole wheat couscous	dinner roll
Meats	93% lean ground turkey burgers	boneless chicken (stir-fried with broccoli)	oven-baked breaded fish	stewed chicken	lean baked ham

Snack Serve 2 of the 4 components

	Monday	Tuesday	Wednesday	Thursday	Friday
Milk			1% milk		
Vegetable/Fruit	fresh peach	orange			
Grains/Bread		whole grain crackers	whole grain cereal bar	whole wheat pita	baked tortilla shells
Meats	low-fat vanilla yogurt			reduced-fat shredded cheese	bean dip
	water	water		water	water

Whole milk is required for one year olds

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