

WEEK: 0116

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	CEREAL FRUIT MILK	PAN SCRAMBLER WITH VEGGIES WHOLE WHEAT TOAST FRESH VEGGIES MILK	FRUIT SMOOTHIE CRACKER WATER	OATMEAL RAISINS & BANANAS FRUIT MILK	HOMEMADE MUFFIN FRUIT MILK
Lunch 1 vegetable + 1 fruit + 1 grain + 1 protein OR 2 vegetables + 1 grain + 1 protein AND Milk OR Water	HOMEMADE SOUP WITH VEGGIES TUNA SANDWICH ON WHOLE WHEAT BREAD FRESH VEGGIES MILK	BROWN FRIED RICE W/VEGGIES HOMEMADE CHICKEN FINGERS FRESH VEGGIES MILK	HAM MASHED POTATOES VEGGIES MILK	HOMEMADE CHEESEBURGERS ON HOMEMADE WHOLE WHEAT BUN VEGGIES MILK	HAM & CHEESE CRUSTLESS QUICHE WHOLE WHEAT TOAST VEGGIES MILK
Afternoon Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	FRESH VEGGIES CHEESE CRACKER WATER	BAKED APPLE RINGS W/CINNAMON COTTAGE CHEESE WATER	BANNOCK W/JAM FRUIT MILK	ENERGY BITES FRUIT MILK	HOMEMADE TRAILMIX FRUIT WATER

Offer water throughout the day AND at all meals and snacks

Offer milk TWICE per day:
 -children one to two years of age offer whole milk ONLY
 -children two years of age and older offer lower fat milk or plain unsweetened fortified soy beverage

WEEK: T W O

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Morning Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water</p>	CEREAL FRUIT MILK	BROCCOLI & CHEESE EGG CUPS WHOLE WHEAT TOAST FRESH FRUIT MILK	FRUIT SMOOTHIE FRESH FRUIT CRACKER WATER	WHOLE WHEAT TOAST W/JAM FRUIT MILK	HOMEMADE MUFFIN FRUIT MILK
<p>Lunch 1 vegetable + 1 fruit + 1 grain + 1 protein OR 2 vegetables + 1 grain + 1 protein AND Milk OR Water</p>	HOMEMADE SOUP W/VEGGIES GRILLED HAM & CHEESE SANDWICH ON WHOLE WHEAT BREAD FRESH VEGGIES MILK	PARMESAN CHICKEN W/SPAGHETTI VEGGIES MILK	BEEF ON A WHOLE WHEAT BUN VEGGIES MILK	PORK CHOPS BROWN RICE VEGGIES MILK	CABBAGE & RICE CASSETOLE W/BEEF VEGGIES MILK
<p>Afternoon Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water</p>	APPLE SLICES CHEESE CRACKER WATER	NAAN BREAD HUMMUS FRESH VEGGIE WATER	YOGURT GRANOLA FRUIT MILK	HOMEMADE GRANOLA BAR FRUIT WATER	HOMEMADE WHOLE WHEAT BREADSTICK FRESH VEGGIE WATER

Offer water throughout the day AND at all meals and snacks

Offer milk TWICE per day:
 -children one to two years of age offer whole milk ONLY
 -children two years of age and older offer lower fat milk or plain unsweetened fortified soy beverage

WEEK: THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	Cereal Fruit Milk	French Toast Fruit Milk	Fruit Smoothie Fresh Fruit Cracker Water	Scrambled Eggs Whole Wheat Toast Fruit Milk	Homemade Muffin Fruit Milk
Lunch 1 vegetable + 1 fruit + 1 grain + 1 protein OR 2 vegetables + 1 grain + 1 protein AND Milk OR Water	Homemade Soup w/veggies Egg Salad Sandwich on whole wheat bread Fresh Veggies Milk	Taco Wraps (taco beef, lettuce & cheese) Fresh Veggie Milk	Homemade Chicken Alfredo w/noodles Cooked Veggies Milk	Homemade Ham & Cheese Pizza Pinwheel Veggies Milk	Chicken, Broccoli & Brown Rice Casserole Fresh Veggies Milk
Afternoon Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	Fresh Veggie Crackers Cheese Water	Applesauce w/whole wheat tortilla chips Fruit Water	Bannock w/jam Fresh Veg Milk	Frozen Banana & Yogurt Pops Water	Homemade Almond Butter Rice Krispie Square Fruit Water

Offer water throughout the day AND at all meals and snacks

Offer milk TWICE per day:
 -children one to two years of age offer whole milk ONLY
 -children two years of age and older offer lower fat milk or plain unsweetened fortified soy beverage

WEEK: FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	CEREAL FRUIT MILK	WHOLE WHEAT PANCAKES FRUIT MILK	FRUIT SMOOTHIE FRESH FRUIT CRACKER WATER	EGG ON WHOLE WHEAT ENGLISH MUFFIN W/CHEESE FRUIT MILK	HOMEMADE MUFFIN FRUIT MILK
Lunch 1 vegetable + 1 fruit + 1 grain + 1 protein OR 2 vegetables + 1 grain + 1 protein AND Milk OR Water	BEEF STEW W/POTATOES & VEGGIES WHOLE WHEAT CHEESE BUN FRESH VEGGIES MILK	BAKED SPAGHETTI WITH BEEF CAESAR SALAD MILK	CHICKEN RANCH WRAP FRESH VEGGIE MILK	PORK TENDERLOIN NOODLE & VEGGIE STIF FRY COOKED VEGGIES MILK	SHEPHERD'S PIE (BEEF, VEGGIES & POTATOES) HOMEMADE WHOLE WHEAT BREADSTICKS FRESH VEGGIES MILK
Afternoon Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	APPLE SLICES CHEESE CRACKERS WATER	HOMEMADE OATMEAL BITES FRUIT WATER	HOMEMADE WHOLE WHEAT BREADSTICK MARINARA SAUCE FRESH VEGGIE MILK	FROZEN YOGURT POP FRUIT WATER	HOMEMADE CHEESE CRACKERS FRESH VEGGIE WATER

Offer water throughout the day AND at all meals and snacks

Offer milk TWICE per day:

- children one to two years of age offer whole milk ONLY
- children two years of age and older offer lower fat milk or plain unsweetened fortified soy beverage

WEEK: FIVE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	CEREAL FRUIT MILK	HARDBOILED EGGS WHOLE WHEAT TOAST FRUIT MILK	FRUIT SMOOTHIE FRESH FRUIT CRACKER WATER	OATMEAL BANANAS MILK	HOMEMADE MUFFIN FRUIT MILK
Lunch 1 vegetable + 1 fruit + 1 grain + 1 protein OR 2 vegetables + 1 grain + 1 protein AND Milk OR Water	HOMEMADE SOUP W/VEGGIES CHICKEN SALAD SANDWICH ON WHOLE WHEAT BREAD FRESH VEGGIES MILK	BEEF CHILI W/CORN WHOLE WHEAT CHEESE BUN COOKED VEGGIES MILK	CHICKEN & CHEESE QUESADILLA FRESH VEGGIE SALSA & SOUP CREAM MILK	PULLED PORK ON A WHOLE WHEAT BUN FRESH VEGGIE MILK	LAZY LASAGNA CAESAR SALAD MILK
Afternoon Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	CHEESE CRACKERS FRESH VEGGIE WATER	HOMEMADE FRUIT LOAF FRUIT WATER	HOMEMADE WHOLE WHEAT CHEESE BUNS FRESH VEGGIE MILK	APPLE SLICE YOGURT CRACKER WATER	HOMEMADE HEALTHY NUT RICE KRISPIE SQUARE FRUIT WATER

Offer water throughout the day AND at all meals and snacks

Offer milk TWICE per day:
 -children one to two years of age offer whole milk ONLY
 -children two years of age and older offer lower fat milk or plain unsweetened fortified soy beverage

WEEK: SIX

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	Cereal Fruit Milk	Scrambled egg Breakfast wrap Fruit Milk	Fruit smoothie Cracker Fresh fruit Water	Cottage cheese Fruit Milk	Homemade muffin Fruit Milk
Lunch 1 vegetable + 1 fruit + 1 grain + 1 protein OR 2 vegetables + 1 grain + 1 protein AND Milk OR Water	Homemade soup w/veggies Ham sandwich on whole wheat bun Fresh veggies Milk	Meatloaf w/homemade BBQ sauce Brown rice Veggies Milk	Homemade ham pizza Caesar salad Milk	Sloppy joe on whole wheat bun Veggies Milk	Chicken mac & cheese casserole Veggies Milk
Afternoon Snack 1 vegetable or fruit + 1 grain OR 1 vegetable or fruit + 1 protein AND Milk OR Water	Fruit pizza on tortilla shell Fresh fruit Water	Cheese Cracker Veggies Water	Homemade fruit loaf Fruit Milk	Homemade cereal bar Fruit Water	Fresh veggies Homemade dip Crackers Water

Offer water throughout the day AND at all meals and snacks

Offer milk TWICE per day:
 -children one to two years of age offer whole milk ONLY
 -children two years of age and older offer lower fat milk or plain unsweetened fortified soy beverage