

Whole Grains!



Early Years

Fruits and Vegetables!



Week 1

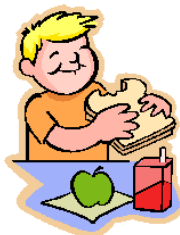
| Monday | Tuesday | Wednesday | Thursday | Friday |
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| <p>AM Snack (w/milk): Whole Grain Pancakes (*Cereal offered all week)</p> <p>Lunch: Turkey Meatballs -Buttered Egg Noodles -Fresh Fruit Smoothie</p> <p>PM Snack: Cheese Sticks</p> | <p>AM Snack (w/milk): Vanilla Yogurt</p> <p>Lunch: -3 Cheese Macaroni and Cheese -Fresh Fruit -Green Beans</p> <p>PM Snack: Goldfish Crackers</p> | <p>AM Snack (w/milk): Cereal with Banana</p> <p>Brunch for Lunch: -Whole Grain French Toast Sticks -Turkey Sausage Links -Fresh Fruit</p> <p>PM Snack (w/100% Fruit Juice): Oatmeal Cookies</p> | <p>AM Snack (w/milk): Whole Grain Waffles</p> <p>Lunch: -Chicken Parmesan -Peas and Carrots -Fresh Fruit Smoothie</p> <p>PM Snack (w/100% Fruit Juice): Pretzels</p> | <p>AM Snack (w/milk): Bagel with Cream Cheese</p> <p>Lunch: -Pizza Delivery -Cinnamon Applesauce -Carrot Sticks or Garden Salad</p> <p>PM Snack (w/100% Fruit Juice): Graham Crackers</p> |
| <p>AM Snack (w/milk): Whole Grain Pancakes (*Cereal offered all week)</p> <p>Lunch: -Whole Grain Chicken Nuggets -Mashed Potatoes -Fresh Fruit Smoothie</p> <p>-PM Snack: Cheese Sticks</p> | <p>AM Snack (w/milk): Vanilla Yogurt</p> <p>Lunch: -Grilled Cheese on Wheat Bread -Tomato Soup -Fresh Fruit</p> <p>PM Snack: Goldfish Crackers</p> | <p>AM Snack (w/milk): Cereal with Banana</p> <p>Lunch: -Baked Ham -Enriched Long Grain Rice -Pineapples</p> <p>PM Snack: Oatmeal Cookies</p> | <p>AM Snack (w/milk): Whole Grain Waffles</p> <p>Lunch: SunButter and Jelly Sandwich -Fresh Fruit -Cucumber Slices</p> <p>PM Snack: Pretzels</p> | <p>AM Snack (w/milk): Bagel with Cream Cheese</p> <p>Lunch: -Pizza Delivery -Cinnamon Applesauce -Carrot Sticks or Garden Salad</p> <p>PM Snack: Graham Crackers</p> |

Week 2



Smoothies Include:

Fresh Banana/Strawberry, Banana/Avocado/Spinach, Vanilla yogurt, and Flax Seed



Alternate Lunch:

After 15 minutes, if your child has not eaten he/she will receive an alternate lunch of a SunButter* (sunflower seed) & Jelly Sandwich.