



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Apple with Cinnamon Graham Crackers Milk	Yogurt Homemade Granola Fruit Water	English Muffins Unsweetened Apple Sauce Milk	Cereal Fruit Milk Water	"Breakfast Hot Dog" Whole Wheat Bun Banana Cream Cheese Milk
PM	Homemade Trail Mix Cheese Juice	Whole Wheat Bread & Butter Veggies & Dip Milk	Frozen Yogurt Tubes Fish Crackers Fruit Water	Toppables Crackers Veggies & Dip Milk	Whole Wheat Wraps Lettuce Cheese Water

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
AM	Cereal Fruit Milk Water	Animal Crackers Unsweetened Apple Sauce Milk	Whole Wheat Jam Finger Sandwiches Cheese Juice	"Morning Gorp" Cereal Snack Mix Fruit Milk	Yogurt Arrowroot Juice
PM	Triscuits Veggies & Dip Milk	Homemade Trail Mix Salsa Cheese Juice	"Pita Salad" Whole Wheat Pita Bread Cheese Lettuce Water	"Smoothies" Fruit Graham Crackers Milk Water	Rice Cakes Veggies & Dip Milk

BROWN: Grains GREEN: Fruits and Vegetables BLUE: Dairy RED: Meat PURPLE: Other

Menu Changes

Date	Menu Week #	Meal	Item Changes