

	Monday	Tuesday	Wednesday	Thursday	Friday
		food	food	food	food
		item	item	item	item
Breakfast		mixed fruit	Peaches	Pears	stewed apples
juice, fruit, veg	1-2 3-5 6-12	Fr. Toast	Toast	Fruit Loops	Pancakes
bread	1/4 1/2 1/2 1 slice				
(or grain alternate)					
milk	1/2 3/4 1 cup	Milk	Milk	Milk	Milk
<b>A.M. Snack (2 of 4)</b>					
meat or alternate	1/2 1/2				
juice, fruit, veg.	1/2 1/2	orange slices			banana slices
cereal	1/4 1/3 3/4 cup				
bread	1/2 1/2 1 slice	muffin		crackers	
milk	1/2 3/4 1 cup	Milk	Milk	Milk	Milk
<b>Lunch</b>		Applesauce	Pineapple Tidbits	2# Stew Beef	Pears
meat or alternate	1 1 1/2 2 ounces	Pigs in a blanket	Ham	Beef Tips & Noodles	Hot Dogs*
vegetable/fruit	1/4 1/2 3/4 cup	French Fries	Tator Tots	Mashed Potato	Baked French Fries
(two or more)		gr. Beans	Peas	Corn	Fr. Style Green Beans
bread or cereal	1/2 1/2 1 slice	Bread & Butter	Bread & Butter	Texas Toast	Bread/Bun
milk	1/2 1/2 1 cup	Milk	Milk	Milk	Milk
				peaches	
<b>P.M. Snack (2 of 4)</b>					
meat or alternate	1/2 1/2 1 ounce				
juice, fruit, veg.	1/2 1/2 3/4 cup		Apple Slices w/Dip*		Peanut Butter
cereal	1/4 1/3 3/4 cup				Gold Fish
bread	1/2 1/2 1 slice	Apple/Cin Muffins		Mini Choc Chip muffins	Pretzels**
milk	1/2 3/4 1 cup	Milk	Milk	Milk	Milk
<b>Supper</b>					
meat or alternate	1 1 1/2 2 ounces				
vegetable/fruit	1/4 1/2 3/4 cup	*Nuggets chopped for infants	*applesauce for infants		*hot dogs minced/chop'd
(two or more)					**crackers for infants
bread or cereal	1/2 1/2 1 slice				
milk	1/2 1/2 1 cup				
<b>Evening Snack (2 of 4) *same as A.M. and P.M. Snack</b>					





		Monday	Tuesday	Wednesday	Thursday	Friday
amounts for ages		1/23/2006	1/24/2006	1/25/2006	1/26/2006	1/27/2006
	1-2 3-5 6-12	food item	food item	food item	food item	food item
Breakfast						
juice, fruit, veg	1/4 1/2 1/2	Orange Juice	grapes	banana slices	Grapefruit Sections	pineapple tidbits
bread (or grain alternate)	1/2 1/2 1 slice	Lucky Charms	Waffle	French Toast	Brontosaurus	Pancakes
milk	1/2 3/4 1 cup	Milk	Milk	Milk	Milk	Milk
<b>A.M. Snack (2 of 4)</b>						
meat or alternate	1/2 1/2 1 ounce					
juice, fruit, veg.	1/2 1/2 3/4 cup		apple chunks			
cereal	1/4 1/3 3/4 cup				Made with chex cereal	
bread	1/2 1/2 1 slice	cinnamon toast		graham cracker	Puppy Chow	Blueberry Muffins
milk	1/2 3/4 1 cup	Milk	Milk	Milk	Milk	Milk
<b>Lunch</b>						
meat or alternate	1 1 1/2 2 ounces	2# Ground Round	Peaches	Pineapple Tidbits	2# Stew Beef	tomato soup
vegetable/fruit (two or more)	1/4 1/2 3/4 cup	Goulash w/macaroni	Baked Chicken	Fish	Beef Tips & Noodles	Ham/Cheese sandwiches
bread or cereal	1/2 1/2 1 slice		Baked Potato	Tator Tots	Mashed Potato	grapes
milk	1/2 1/2 1 cup		Fruit Salad*	Cut Green Beans	Corn	Fresh Veggies*
			Bread & Butter	Bread & Butter	Texas Toast	bread/bun
			Milk	Milk	Milk	Milk
					Applesauce	
<b>P.M. Snack (2 of 4)</b>						
meat or alternate	1/2 1/2 1 ounce		Peanut Butter		American Cheese	
juice, fruit, veg.	1/2 1/2 3/4 cup					
cereal	1/4 1/3 3/4 cup		Gold Fish		Club Crackers	Fruit Loops
bread	1/2 1/2 1 slice	Pumpkin Bread	Pretzels*	Choc Chip Muffins		(make a necklace snack)
milk	1/2 3/4 1 cup	Milk	Milk	Milk	Milk	Milk
<b>Supper</b>						
meat or alternate	1 1 1/2 2 ounces					
vegetable/fruit (two or more)	1/4 1/2 3/4 cup	*pineapple, bananas, m. oranges and marshmallows	*toast sticks for infants toddlers			*carrots, broccoli, cauliflower
bread or cereal	1/2 1/2 1 slice					**cooked for infants and toddlers
milk	1/2 1/2 1 cup					
<b>Evening Snack (2 of 4) *same as A.M. and P.M. Snack</b>						

	Monday	Tuesday	Wednesday	Thursday	Friday
	food	food			
	item	item			
Breakfast	Banana slices	apple slices			
juice, fruit, veg	Cocoa Puffs	Oatmeal			
bread	Milk	Milk			
(or grain alternate)					
milk					
<b>A.M. Snack (2 of 4)</b>					
meat or alternate					
juice, fruit, veg.					
cereal	Blueberry Muffin in an				
bread	Ice Cream Cone	pop tart			
milk	Milk	Milk			
<b>Lunch</b>					
meat or alternate	Scrambled Eggs				
vegetable/fruit	Ham Slices*	Turkey			
(two or more)	Hash Browns	Relish Tray*			
bread or cereal	Mandarin Oranges	pears			
milk	Toast	Hoagie Bun			
	Milk	Milk			
	sliced apples	Orange slices			
<b>P.M. Snack (2 of 4)</b>					
meat or alternate	cheese slice				
juice, fruit, veg.					
cereal					
bread	Club crackers	Apple/cin cereal bar			
milk	Milk	Milk			
<b>Supper</b>					
meat or alternate	*ham diced/finely chop'd	* Cauliflower, carrots			
vegetable/fruit	for infants	celery, broccoli			
(two or more)		cooked for infants			
bread or cereal		toddlers			
milk					
<b>Evening Snack (2 of 4) *same as</b>					
<b>A.M. and P.M. Snack</b>					