

Menu A**Weekly Menu for the Week of: 1/2-3, 1/27-31, 2/24-28, 3/24-28**

Meal	Component	Age 5+	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit/Vegetable	3/4 cup		Fresh Fruit	Frozen Strawberries	Bananas	Fresh Fruit
SNACK	Grain	1 oz eq	WG Tortilla Chips with Salsa	WGR Chex Mix	WGR Biscuits	Rice Cakes with Sunbutter	WG Mini Bagels with Cream Cheese
	Meat/Meat Alternative	1 oz eq	Cheese Sticks				

Menu B**Weekly Menu for the Week of: 1/6-10, 2/3-7, 3/3-7**

Meal	Component	Ages 5+	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit/Vegetable	3/4 cup	Carrots with Dip	Fresh Fruit	Fresh Fruit	Sliced Oranges	Fresh Fruit
SNACK	Grain	1 oz eq		WG Smartfood Cheddar Popcorn	WG Bread with Sunbutter & Jelly	WG Wheat Thins	
	Meat/Meat Alternative	1 oz eq	Cheese Sticks				WGR Animal Crackers

Menu C**Weekly Menu for the Week of: 1/13-17, 2/10-14, 3/10-14**

Meal	Component	Ages 5+	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit/Vegetable	3/4 cup		Cucumber Sticks	Fresh Fruit	Sliced Oranges	Fresh Fruit
SNACK	Grain	1 oz eq	WGR Pretzels	WGR Club Crackers with Sunbutter	WGR Goldfish		WGR Banana Bread
	Meat/Meat Alternative	1 oz eq	American Cheese Slices			Cheese Sticks	

Menu D**Weekly Menu for the Week of: 1/20-24, 2/17-21, 3/17-21**

Meal	Component	Ages 5+	Monday	Tuesday	Wednesday	Thursday	Friday
	Fruit/Vegetable	3/4 cup		Fresh Fruit	Frozen Strawberries	Fresh Fruit	Mandarin Oranges
SNACK	Grain	1 oz eq	WG Wheat Thins	Oatmeal Bars	Cornbread	WG Crackers	WGR Cheez-its
	Meat/Meat Alternative	1 oz eq	Provolone Cheese Slices	American Cheese Slices			

*Snack includes 2 different components

WGR = Whole Grain Rich

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*Fresh Fruit includes: Apples, Bananas, Oranges, Peaches, Pears, Plums.

Whole Milk for 1 year olds & 1% milk for 2 years old and up.

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