


Mon	Tue	Wed	Thu	Fri
Meat 1oz= one serving Fruit 3/4 cup= one serving Vegetable 3/4 cup= one serving	1 GB-Muffin (2oz) VF- Banana 4oz M- Low-Fat Milk 1 Cup Beef Steak Fingers (2oz) Slice of Bread (1oz) Peaches (1/2c) Salad and Pickles 1% Milk (1c)	2 GB- Sausage and Pancake on a stick (2.51 oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (2oz) 1% Milk (1c)	3 GB- Pigs in a Blanket 2oz VF- Orange 4oz M- Low-Fat Milk 1 Cup Bologna Sandwich (2oz, 2oz bread) Apple (1/2c) Salad (1/2c) 1% Milk (1c)	4 GB-Egg Cheese Omelet (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (2oz) 1% Milk (1c) 1 oz cheese stick
7 GB-Cereal (1oz) VF- Banana 4oz M- Low-Fat Milk 1 cup Chicken Burger (1oz.,4) Pear Salad and Pickles 1% Milk (1c)	8 GB-Muffin (2oz) VF- Banana 4oz M- Low-Fat Milk 1 Cup Beef Steak Fingers (2oz) Slice of Bread (1oz) Peaches (1/2c) Salad and Pickles 1% Milk (1c)	9 GB- Sausage and Pancake on a stick (2.51 oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (2oz) 1% Milk (1c)	10 GB- Pigs in a Blanket 2oz VF- Orange 4oz M- Low-Fat Milk 1 Cup Bologna Sandwich (2oz, 2oz bread) Apple (1/2c) Salad (1/2c) 1% Milk (1c)	11 GB-Egg Cheese Omelet (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (2oz) 1% Milk (1c) 1 oz cheese stick
14	15	16	17	18
				
21	22	23	24	25
28 Chicken Burger (1oz.,4) Apple Salad and Pickles 1% Milk (1c) Snack: GB-Muffin 2oz Apple juice (6 oz.)	29 Hamburger Peaches (1/2c) Salad and Pickles 1% Milk (1c) Snack: GB -2 Graham crackers pkgs. (2oz) M-Low Fat Milk-1 cup	30 Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (1/4c) 1% Milk (1c) Snack: GB-Pretzels 2oz Apple Juice (6oz)	31 Bologna Sandwich (2oz, 2oz bread) Apple Sauce (1/2c) Salad (1/2c) 1% Milk (1c) Snack: Peanut butter cheese crackers (1.42oz) & Apple (4oz)	Milk 8 oz., 1 cup= one serving Bread 1 slice/3/4 oz, 1 oz., 1/2 cup = one serving 8 oz.= 1 cup 6 oz.=3/4 cup 4 oz.=1/2 cup