




Mon	Tue	Wed	Thu	Fri
				
		<p>1 Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (2oz) 1% Milk (1c)</p> <p>Snack: GB-Pretzels 2oz Apple Juice (6oz)</p>	<p>2 Bologna Sandwich (2oz, 2oz bread) Apple (1/2c) Salad (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (2oz) M—Low Fat Milk—1 cup</p>	<p>3 PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (2oz) 1% Milk (1c) 1 oz cheese stick</p> <p>Snack: GB-Animal Crackers 2oz & Orange (4oz)</p>
<p>6 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>7 Beef Steak Fingers (2oz) Slice of Bread (1oz) Peaches (1/2c) Salad and Pickles 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) & Apple (4oz)</p>	<p>8 Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (2oz) 1% Milk (1c)</p> <p>Snack: GB-Pretzels 2oz Apple Juice (6oz)</p>	<p>9 Bologna Sandwich (2oz, 2oz bread) Apple (1/2c) Salad (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (2oz) M—Low Fat Milk—1 cup</p>	
<p>13 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>14 Beef Steak Fingers (2oz) Slice of Bread (1oz) Peaches (1/2c) Salad and Pickles 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) & Apple (4oz)</p>	<p>15 Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (2oz) 1% Milk (1c)</p> <p>Snack: GB-Pretzels 2oz Apple Juice (6oz)</p>	<p>16 Bologna Sandwich (2oz, 2oz bread) Apple (1/2c) Salad (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (2oz) M—Low Fat Milk—1 cup</p>	<p>17 PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (2oz) 1% Milk (1c) 1 oz cheese stick</p> <p>Snack: GB-Animal Crackers 2oz & Orange (4oz)</p>
<p>20 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>21 Beef Steak Fingers (2oz) Slice of Bread (1oz) Peaches (1/2c) Salad and Pickles 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) & Apple (4oz)</p>	<p>22 Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (2oz) 1% Milk (1c)</p> <p>Snack: GB-Pretzels 2oz Apple Juice (6oz)</p>		
<p>27 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>28 Beef Steak Fingers (2oz) Slice of Bread (1oz) Peaches (1/2c) Salad and Pickles 1% Milk (1c)</p> <p>Snack: Peanut butter cheese crackers (1.42oz) & Apple (4oz)</p>	<p>29 Hot dog (1.6 z meat, 4oz bread) Chili (1oz.) Orange (1/2c) Carrots (2oz) 1% Milk (1c)</p> <p>Snack: GB-Pretzels 2oz Apple Juice (6oz)</p>	<p>30 Bologna Sandwich (2oz, 2oz bread) Apple (1/2c) Salad (1/2c) 1% Milk (1c)</p> <p>Snack: GB –2 Graham crackers pkgs. (2oz) M—Low Fat Milk—1 cup</p>	<p>Meat 1oz= one serving Fruit 3/4 cup= one serving Vegetable 3/4 cup= one serving</p> <p>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</p>