


Mon	Tue	Wed	Thu	Fri
				
<p>5 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>6 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>7 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>1 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>2 PB Jelly Sandwich (2oz peanut but- ter, 1 slice bread) Peaches (1/2c) Carrots (2oz) 1% Milk (1c) 1 oz cheese stick</p> <p>Snack: GB-Teddy Graham Crack- er 2oz & Orange (4oz)</p>
<p>12 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>13 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>14 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>15 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>9 PB Jelly Sandwich (2oz peanut but- ter, 1 slice bread) Peaches (1/2c) Carrots (2oz) 1% Milk (1c) 1 oz cheese stick</p> <p>Snack: GB-Teddy Graham Crack- er 2oz & Orange (4oz)</p>
<p>19 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>20 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>21 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>22 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>16 PB Jelly Sandwich (2oz peanut but- ter, 1 slice bread) Peaches (1/2c) Carrots (2oz) 1% Milk (1c) 1 oz cheese stick</p> <p>Snack: GB-Teddy Graham Crack- er 2oz & Orange (4oz)</p>
<p>26 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>27 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>28 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>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>