

<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thu</b>	<b>Fri</b>
	<p>1 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) &amp; Apple (4oz)</p>	<p>2 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>3 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>4 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-Animal Crackers 2oz &amp; Orange (4oz)</p>
<p>7 Chicken Burger (1oz.,4) Orange Salad and Pickles 1% Milk (1c)</p> <p>Snack: GB-Muffin 2oz Apple juice (6 oz.)</p>	<p>8 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) &amp; Apple (4oz)</p>	<p>9 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>10 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>11 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-Animal Crackers 2oz &amp; Orange (4oz)</p>
14	15	16	17	18
21	22	23	24	25
28	29	30	31	<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> <p>Meat 1oz= one serving Fruit 3/4 cup= one serving Vegetable 3/4 cup= one serving</p>