

Mon	Tue	Wed	Thu	Fri
Meat 1oz= one serving Fruit 3/4 cup= one serving Vegetable 3/4 cup= one serving	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	1 GB- Sausage and Pancake (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup Ham Sandwich (2.3oz, 2oz bread) Peaches (1/2c) Corn (1/4c) 1% Milk (1c)	2 GB- Pigs in a Blanket (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Turkey Corn Dog (2oz, 2oz bread) Orange (1/2c) Carrots (1/4c) 1% Milk (1c)	3 GB-Breakfast Pizza (3.31oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (1/4c) 1% Milk (1c) 1oz cheese stick
6 GB-Cereal (1oz) VF- Banana 4oz M- Low-Fat Milk 1 cup Chicken Nuggets (2oz , 1 slice bread) Apple (1/2c) Corn (1/4c) 1% Milk (1c)	7 GB-Muffin (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Chicken Sandwich (3.1 oz,2oz bread) Orange Salad and Pickles (1/2c) 1% Milk (1c)	8 GB- Sausage and Pancake (2oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup Ham Sandwich (2.3oz, 2oz bread) Peaches (1/2c) Corn (1/4c) 1% Milk (1c)	9 GB- Pigs in a Blanket (2oz) VF- Apple 4oz M- Low-Fat Milk 1 Cup Turkey Corn Dog (2oz, 2oz bread) Orange (1/2c) Carrots (1/4c) 1% Milk (1c)	10 GB-Breakfast Pizza (3.31oz) VF- Orange 4oz M- Low-Fat Milk 1 Cup PB Jelly Sandwich (2oz peanut butter, 1 slice bread) Peaches (1/2c) Carrots (1/4c) 1% Milk (1c) 1oz cheese stick
13	14	15	16	17
				
20	21	22	23	24
27	28	29	30	31