

Mon	Tue	Wed	Thu	Fri
Milk 8oz= one serving Meat 2oz= one serving Fruit 1/4 cup= one serving Vegetable 1/2 cup= one serving Grains 1oz =one serving	Milk 8 oz., 1 cup= one serving Bread 1 slice/1 oz. = one serving 8 oz.= 1 cup 6 oz.=3/4 cup 4 oz.=1/2 cup 2 oz = 1/4 cup	1 Pizza Pepperoni (2oz meat, 2oz bread (W)) Orange (1/2c) Green Beans (1/2c) 1% Milk (1c) Snack: GB –2 Graham crackers pkgs. (1oz) (W) & Low Fat Milk(1c)	2 Chicken Nuggets (2oz) 1 slice bread (1oz) (W) Apple (1/2c) Corn (1/2c) 1% Milk (1c) Snack: Wheat Thins Veggie Chips (W) (1.75oz) & Apple Juice (6oz)	3 PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Applesauce (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick Snack: 2 Teddy Grahams 1oz & Milk (1c)
6 Chicken Sandwich (3.1oz meat, 2oz bread (W)) Orange (1/2c) Salad and Pickles (1/2c) Green Beans (1/4c) 1% Milk (1c) Snack: Snack Mix Simply Chex Stwbry (1oz)(W) & Apple Juice (6oz)	7 Corn Dog Minis (2.0oz meat, 2oz bread (W)) Applesauce (1/2c) Corn (1/2c) 1% Milk (1c) Snack: Peanut butter cheese crackers (1.42oz) & Apple Juice	8 Pizza Pepperoni (2oz meat, 2oz bread (W)) Orange (1/2c) Green Beans (1/2c) 1% Milk (1c) Snack: GB –2 Graham crackers pkgs. (1oz) (W) & Low Fat Milk(1c)	9 Chicken Nuggets (2oz) 1 slice bread (1oz) (W) Apple (1/2c) Corn (1/2c) 1% Milk (1c) Snack: Wheat Thins Veggie Chips (W) (1.75oz) & Apple Juice (6oz)	10 PB Jelly Sandwich (2oz peanut butter, 1 slice bread (W)) Applesauce (1/2c) Carrots (1/2c) 1% Milk (1c) 1oz cheese stick Snack: 2 Teddy Grahams 1oz & Milk (1c)

