

Week 1

Breakfast
 Vegetable, fruit (or both)
 Grains
 GF Grain
 Meat {not required*}
 Meat Alternate {not required*}
 (*Sub Meat for grains up to 3x per week)
 Milk

Lunch
 Meat
 Meat Alternate
 Vegetable
 Fruit
 Grains Whole Grain
 GF Grain
 Accompaniment
 Milk

Snack (2 of 5)
 Meat
 or Meat Alternate
 Vegetables
 Fruit
 Grains
 or GF Grains
 Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Infants: Bananas	Infants: Turkey Sausage	Infants: Peaches	Infants: Peaches	Infants: Canned Apples
Watermelon	Cantaloupe	Peaches	Watermelon	Apples Canned
WGR* Cheerios	WGR* Oatmeal	WGR* French Toast		WGR* Rice Chex
WGR* Cheerios	WGR* Oatmeal	WGR* GF Ancient Grains Waffles		WGR* Rice Chex
			Scrambled Egg	
			Just Egg Scramble	
Milk	Milk	Milk	Milk	Milk
	Infants: Pears		Infants: Mashed Potatoes	Infants: Bananas Infants: Steamed Carrots
Roast Turkey	Grilled Cheese w/ turkey	Baked Chicken Nugget	Baked Turkey Ham	Cheese Pizza
Roasted Tofu Sticks	Vegan Grilled Cheese w/ hummus	TVP / GF Chickn' Nugget	TVP Meatloaf	Vegan Margherita Pizza
Mashed Potatoes	Tomato Soup w/ 1/8 cup diced veg	Green Beans	Roasted Red Potatoes	Garden Salad
Peaches	Pineapple / Pears	Honeydew	Peaches	Oranges
Wheat Roll	Bread	Wheat Breadsticks	Whole Wheat Roll	Pizza Crust
GF Roll	GF Bread	GF Roll	GF Roll	GF Pizza Crust
Side of Gravy		BBQ sauce		
Milk	Milk	Milk	Milk	Milk
Infants: Canned Apples	Infants: Wheat Crackers	Infants: Applesauce Infants: Graham Crackers		
Yogurt/Soy Yogurt	Cheese/Vegan Cheese	Berry Smoothie & Vegan Berry Smoothie	Hummus	Carrot Sticks
Apples		Berry Smoothie & Vegan Berry Smoothie		
	Pretzels		WGR* Whole Wheat Crackers	Wheat Crackers
	GF Pretzels		WGR* Brown Rice Cracker	Brown Rice Cracker

This institution is an equal opportunity provider.
 All milk served to participants is unflavored; all participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1-year-old are served whole milk.
 WGR* = Whole Grain Rich

Week 2

Breakfast
 Vegetable, fruit (or both)
 Grains
 GF Grain
 Meat
 Meat Alternate
 (Sub Meat for grains up to Milk)
 Milk

Lunch
 Meat
 Meat Alternate
 Vegetable
 Fruit
 Grains Whole Grain
 GF Grain
 Accompaniment
 Milk

Snack (2 of 5)
 Meat
 or Meat Alternate
 Vegetables
 Fruit
 Grains
 or GF Grains
 Milk

Monday	Tuesday	Wednesday	Thursday	Friday
Infants: Pears	Infants: Yogurt Infants: Cheerios	Infants: Pears	Infants: Peaches	Infants: Applesauce
Pears	Honey Dew	Watermelon	Pineapples or Peaches	Pears
Bread	WGR* Cheerios	WGR* Whole Grain Pancake	Bread	WGR* Rice Chex
GF Tapioca Loaf	WGR* Cheerios	WGR* GF Ancient Grains Waffles	GF Bread	WGR* Rice Chex
Boiled Eggs			Scrambled Eggs & Cheese	
Just Eggs			Just Egg Scramble	
Milk	Milk	Milk	Milk	Milk
		Infants: Canned Apples		
Grilled Chicken	Grilled Turkey Ham	Roasted BBQ Chicken	Cheese Burger	Chicken Fajitas
TVP Meatballs	Grilled Tofu	TVP Chicken Nuggets	TVP Burger	Black Beans
Peas	Broccoli	Steamed Peas	Tator Tots	Corn
Peaches	Cantalope	Apples	Oranges	Apples Canned
WG Pasta w/ Marinara & Mozz	Macaroni & Cheese	Wheat Breadsticks	Whole Wheat Bun	Tortillas
WG Jovial GF Pasta	GF Pasta & Vegan Cheese Sauce	GF Breadsticks	GF Bun	GF Corn Tortillas
Milk	Milk	Milk	Milk	Milk
	Yogurt	Cheddar Cheese Cube		Yogurt
Sliced Cucumbers w/ranch dip	Soy Yogurt	Vegan Cheddar	Hummus	Soy Yogurt
WGR* Whole Grain Cracker	Apples Canned	Croissant	WGR* Whole Grain Cracker	Banana
WGR* Brown Rice Cracker		Brown Rice Cracker	WGR* Brown Rice Cracker	

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Infants: Peaches	Infants: Cantaloupe	Infants: Banana	Infants: Pears	Infants: Canned Apples
Vegetable, fruit (or both)	Peaches	Cantaloupe	Banana	Oranges	Pears
Grains	WGR* Cheerios	WGR* Whole Grain French Toast	WGR* Oatmeal	Wheat English Muffin	WGR* Rice Chex
GF Grain	WGR* Cheerios	WGR* GF Ancient Grains Waffles	WGR* GF Oatmeal	GF English Muffin	WGR* Rice Chex
Meat				Scrambled Egg	
Meat Alternate				Just Egg Scramble	
(Sub Meat for grains up to Milk)	Milk	Milk	Milk	Milk	Milk
Lunch		Infants: Tomato		Infants: Canned Apples	Infants: Steamed Carrots
Meat	Black Beans &	Turkey Ham & Swiss	Meatloaf	Grilled Chicken	Pizza
Meat Alternate	Black Beans &	Vegan Grilled Cheese w/ hummus	TVP Meatloaf	TVP Meatballs	Vegan Margherita Pizza
Vegetable	Carrots	Lettuce & Tomato	Green Beans	Peas	Garden Salad
Fruit	Honeydew	Pears	Watermelon	Apples	Peaches
Grains Whole Grain	Brown Rice	Wheat Pitas	Wheat Roll	Pasta w/ Marinara (WW)	the pizza crust
GF Grain	Brown Rice	GF bread on sandwich	GF Roll	WG Jovial GF Pasta	GF Pizza crust
Accompaniment				Shredded Mozzarella	
Milk	Milk	Milk	Milk	Milk	Milk
Snack (2 of 5)		Infants: Apples Canned Infants: Graham Crackers			
Meat	Yogurt		Cheddar Cheese Cube	String Cheese	
or Meat Alternate	Soy Yogurt	Berry Smoothie & Vegan Berry Smoothie	Vegan Cheddar	Vegan Cheddar	
Vegetables			Cucumber		
Fruit	Peaches	Berry Smoothie & Vegan Berry Smoothie			Apples
Grains				WGR* Whole Grain Cracker	Bread w/ soybutter
or GF Grains				WGR* Brown Rice Cracker	GF Bread w/ soybutter
Milk					

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Week 4

Breakfast

Vegetable, fruit (or both)
Grains
GF Grain
Meat
Meat Alternate
(Sub Meat for grains up to Milk)

Lunch

Meat
Meat Alternate
Vegetable
Fruit
Grains Whole Grain
GF Grain
Accompaniment

Milk

Snack (2 of 5)

Meat
or Meat Alternate
Vegetables
Fruit
Grains
or GF Grains
Milk

	Monday	Tuesday	Wednesday	Thursday	Friday
	Infants: Pears	Infants: Peaches	Infants: Canned Apples	Infants: Oatmeal	Infants: Apples Canned
	Pears	Peaches	Watermelon	Fruit Salad	Apples Canned
	WGR* Rice Chex	Biscuits	English Muffin	WGR* Oatmeal	WGR*Whole Grain Pancake
	WGR* Rice Chex	GF Bread	GF English Muffin	GF Oatmeal	WGR*GF Ancient Grains Waffles
		Scrambled Eggs	Grilled Turkey Ham		
		Just Egg Scramble	TVP Breakfast Sausage		
	Milk	Milk	Milk	Milk	Milk
		Infants: Pears	Infants: Canned Apples		
	Grilled Cheese	Meatsauce	Bean and Cheese Burrito	Sloppy Joe	Chicken Nuggets
	Vegan Grilled Cheese	TVP Meatballs	Bean & Vegan Cheese Burrito	TVP Sloppy Joe	TVP Chicken Nuggets
	Tomato Soup w/ 1/8 cup diced veg	Roasted Zucchini	Corn	Carrots	Peas
	Pears	Oranges	Apples	Apples Canned	Honeydew
	bread for sandwich	Whole Wheat Pasta	Tortilla	Bun	Brown Rice
	GF bread	WG Jovial GF Pasta	GF Corn Tortilla	GF Bun	Brown Rice
	Milk	Milk	Milk	Milk	Milk
			Infants: Bananas		
		String Cheese		Yogurt	Cheese Sticks
	Hummus	Vegan Cheese		Soy Yogurt	Vegan Cheese
			Cucumbers w/ Ranch Dip		
	Pita Bread	WGR* Whole Grain Crackers	WGR* Whole Grain Crackers	Banana	Breadstick
	GF Pretzels	WGR* Brown Rice Cracker	WGR* Brown Rice Cracker		GF Pretzels

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