

# WEEK 1 MENU ROTATION

<u>Day1</u>	<u>Day 2</u>	<u>Day 3</u>	<u>Day 4</u>	<u>Day 5</u>
<b>Breakfast</b>  Cereal (Kellogg's Corn flakes)  1% low fat Milk  Banana	<b>Breakfast</b>  Whole grain bagel with Jelly & low fat cream cheese  1%low fat milk  Blueberries	<b>Breakfast</b>  Low fat Yogurt  Granola  1%low fat milk  Mixed Berries	<b>Breakfast</b>  Blueberry Muffin  String cheese  1% low fat milk  Banana	<b>Breakfast</b>  Cooked Oatmeal  1% low fat milk  Mixed Berries
<b>PMSnack</b> Yogurt  Graham Crackers	<b>PMSnack</b> Pretzel Raisins Cheese stick	<b>PM Snack</b> Muffin 1% Milk	<b>PM Snack</b> Rice Cake Peanut Butter	<b>PM Snack</b> Ritz Crackers Cheese Cubes Raisins
<b>Lunch/ Supper</b>  Turkey  WGR slice bread  Carrots  Watermelon  1% low-fat milk	<b>Lunch/ Supper</b>  Fish Sticks  WGR slice bread  Mixed veggies  Mixed Fruit  1% low-fat milk	<b>Lunch/ Supper</b>  Macaroni & Cheese  Baby carrots  oranges  1% low-fat milk	<b>Lunch/ Supper</b>  Beef/Chicken Hot dog  Whole grain slice bread  Steamed Corn  Grapes  1% low-fat milk	<b>Lunch/ Supper</b>  Ground turkey /Meatball  Whole wheat Spaghetti  Fresh salad,  Orange slices  1% low-fat milk



# WEEK 2 MENU ROTATION

<u>Day 6</u>	<u>Day 7</u>	<u>Day 8</u>	<u>Day 9</u>	<u>Day 10</u>
<b>Breakfast</b>  Cheerios Multi Grain Cereal  1% low fat milk  Bananas	<b>Breakfast</b>  Toasted Waffles  Applesauce  1% low fat Milk	<b>Breakfast</b>  Blueberry /Corn Muffin  String Cheese  1% Low fat Milk  Banana	<b>Breakfast</b>  Hard boiled egg  1 slice whole Grain toast/ English Muffin with Butter  1% low fat milk  fresh mixed berries	<b>Breakfast</b>  Low fat Yogurt  Granola  strawberries  1% low fat milk
<b>PM Snack</b> Yogurt Animal Crackers	<b>PMSnack</b> Raisin Bread 1% Milk	<b>PM Snack</b> Ritz Crackers Raisins /Peanut Butter	<b>PMSnack</b> Wheat Thins Craisins/ cheese cubes	<b>PMSnack</b> Goldfish, cream cheese & and celery sticks Apple Juice
<b>Lunch/ Supper</b>  Chicken  WGR slice bread  Carrots  Watermelon  1% low-fat milk	<b>Lunch/ Supper</b> Chicken Nugget  WGR slice bread  Steamed Corn  Oranges  1% low-fat milk	<b>Lunch/ Supper</b>  Rasta Pasta  Grilled Chicken Strips  Mixed Veggies  Grapes  1% low-fat milk	<b>Lunch/ Supper</b> Turkey/Chicken Patty  Enriched bun  Steamed corn  Watermelon  1% low-fat milk	<b>Lunch/ Supper</b>  Grilled chicken strips  Brown rice  Steamed mixed veggies  Pineapples  1% low-fat milk