Week 1

Monday	Tuesday	Wednesday	Thursday	Friday
Rice Krispies	Yogurt	Graham crackers	Nutragrain bar	Mini bagel
w/ milk	Animal crackers	String cheese	Seasonal fruit	w/ cream cheese
	Water	Water	Water	100% Juice
Carrot sticks	Giant goldfish grahams	Trail mix	Cinnamon quesadillas	Crepes
Hummus or dill cheese dip	Applesauce	100% Juice	Apple slices	w/ fruited yogurt
or ranch dressing	Water		Water	Water
Water				

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Cheerios	Teddy grahams	Whole grain muffins	Yogurt	Mini bagel
w/ milk	Mandarin oranges	Seasonal fruit	Seasonal fruit	w/ cream cheese
	Water	Water	Water	100% Juice
Goldfish	Yogurt	Trail Mix	Ritz crackers	Veggies
100% Juice	Seasonal fruit	100% Juice	w/cream cheese & jelly	Hummus or dill cheese dip
	100% Juice		100% Juice	or ranch dressing
				Water

Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
Chex cereal	Nutragrain bar	Cheez-its	Yogurt	Mini bagel
w/ milk	Water	Seasonal fruit	Animal crackers	w/ cream cheese
		Water	100% Juice	100% Juice
Goldfish	Crepes	Muffin	Crackers	Nutragrain bar
Mandarin oranges	w/ fruited yogurt	100% Juice	String cheese	Water
Water	Water		Water	

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Kix cereal	Saltines	String cheese	Teddy grahams	Mini bagel
w/ milk	w/ cream cheese & jelly	Seasonal fruit	Applesauce	w/ cream cheese
	100% Juice	Water	Water	100% Juice
Nilla wafers	Muffin	Goldfish	Yogurt	String cheese
Pears	Water	100% Juice	Apple slices	Cracker
Water			100% Juice	Water

^{** 1%} milk is served to children 18 months or older.