

Sample Meal Calendar

*milk served at every breakfast and lunch

*1 yr olds will have applesauce not apples

*all food will be cut into age appropriate bites for safety

		Monday	Tuesday	Wednesday	Thursday	Friday
Sample	Breakfast	Mini Pancakes Mandarin Oranges	Mini Waffles Peaches	Sausage, Pears Strawberry Chex	French Toast Sticks Fruit Cocktail	Original Cheerios Bananas
	AM Snack	Yogurt & Pretzels	Cucumbers & Club Crackers	String Cheese Graham Crackers	Applesauce Goldfish	White Grape Juice Animal Crackers
	Lunch	Nachos Pinto Beans Pineapples	Chicken Pot Pie Broccoli Tropical Fruit	Meatballs/Rice Corn Apples	Chicken Patty Green Beans Mandarin Oranges	Pizza Hut Cheese Pizza Shredded Carrots Applesauce
	PM Snack	White Grape Juice Veggie Straws	Applesauce Alphabet Cookies	Mott's Fruit Snacks Apple Straws	Yogurt Ritz Crackers	String Cheese Blueberry Muffin
Sample	Breakfast	Mini Pancakes Mandarin Oranges	Mini Waffles Peaches	Sausage, Pears Strawberry Chex	French Toast Sticks Fruit Cocktail	Original Cheerios Bananas
	AM Snack	Yogurt & Pretzels	Cucumbers & Club Crackers	String Cheese Graham Crackers	Applesauce Goldfish	White Grape Juice Animal Crackers
	Lunch	Chicken & Waffles Green Beans Peaches	Hamburger Mixed Veggies Tropical Fruit	Lasagna Broccoli Clementines	Corn Dog Corn Seasonal Fruit	Pizza Hut Cheese Pizza Shredded Carrots Applesauce
	PM Snack	White Grape Juice Veggie Straws	Applesauce Alphabet Cookies	Mott's Fruit Snacks Apple Straws	Yogurt Ritz Crackers	String Cheese Blueberry Muffin
Sample	Breakfast	Mini Pancakes Mandarin Oranges	Mini Waffles Peaches	Sausage, Pears Strawberry Chex	French Toast Sticks Fruit Cocktail	Original Cheerios Bananas
	AM Snack	Yogurt & Pretzels	Cucumbers & Club Crackers	String Cheese Graham Crackers	Applesauce Goldfish	White Grape Juice Animal Crackers
	Lunch	Roasted Turkey with Gravy, Steamed Broccoli, and Fruit Cocktail	Beef Hotdogs Baked Beans Applesauce	Curry Chicken Rice Cabbage Pineapple	Fish Mixed Veggies Mandarin Oranges	Pizza Hut Cheese Pizza Shredded Carrots Applesauce
	PM Snack	White Grape Juice Veggie Straws	Applesauce Alphabet Cookies	Mott's Fruit Snacks Apple Straws	Yogurt Ritz Crackers	String Cheese Blueberry Muffin
Sample	Breakfast	Mini Pancakes Mandarin Oranges	Mini Waffles Peaches	Sausage, Pears Strawberry Chex	French Toast Sticks Fruit Cocktail	Original Cheerios Bananas
	AM Snack	Yogurt & Pretzels	Cucumbers & Club Crackers	String Cheese Graham Crackers	Applesauce Goldfish	White Grape Juice Animal Crackers
	Lunch	Chicken Alfredo Peas/Carrots Mandarin Oranges	Chicken Nuggets Corn Applesauce	Salisbury Steak Mashed Potatoes Seasonal Fruit	Chicken & Dumplings Mashed Potatoes Green Beans	Pizza Hut Cheese Pizza Shredded Carrots Applesauce
	PM Snack	White Grape Juice Veggie Straws	Applesauce Alphabet Cookies	Mott's Fruit Snacks Apple Straws	Yogurt Ritz Crackers	String Cheese Blueberry Muffin
Sample	Breakfast	Mini Pancakes Mandarin Oranges	Mini Waffles Peaches	Sausage, Pears Strawberry Chex	French Toast Sticks Fruit Cocktail	Original Cheerios Bananas
	AM Snack	Yogurt & Pretzels	Cucumbers & Club Crackers	String Cheese Graham Crackers	Applesauce Goldfish	White Grape Juice Animal Crackers
	Lunch	Sloppy Joes Green Beans Pineapple Whole Grain Bun	Meatloaf Mashed Sweet Potatoes Fruit Cocktail	BBQ Chicken Cole Slaw Baked Beans Corn Muffin	Spaghetti Carrots Pears Garlic Bread	Pizza Hut Cheese Pizza Shredded Carrots Applesauce
	PM Snack	White Grape Juice Veggie Straws	Applesauce Alphabet Cookies	Mott's Fruit Snacks Apple Straws	Yogurt Ritz Crackers	String Cheese Blueberry Muffin