



## SAMPLE WEEKLY MENU

| Week of                | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   |
|------------------------|--|---|--|--|--|
| <b>Morning Snack</b>   | ½ cup milk<br>1 graham cracker   | ½ cup milk<br>½ of an English muffin with 1 tablespoon peanut butter  | ¼ cup strawberry yogurt<br>¼ cup rice crispy cereal  | ½ cup milk<br>½ serving waffles with 1 teaspoon cinnamon and sugar   | ½ cup milk<br>5 vanilla wafer cookies  |
| <b>Lunch</b>           | ½ cup milk<br>½ quesadillas<br>¼ cup oranges and green beans (for toddlers and twos) or ½ cup oranges and green beans (for ages three to five) | ½ cup milk<br>½ peanut butter and jelly sandwich<br>¼ cup sliced apples and carrots (for toddlers and twos) or ½ sliced apples and carrots (for ages three to five) | ½ cup milk<br>¼ cup macaroni and cheese<br>¼ cup fruit cocktail and corn (for toddlers and twos) or ½ fruit cocktail and corn (for ages three to five) | ½ cup milk<br>1 oz chicken nuggets (for toddlers and twos) or 1 ½ oz chicken nuggets (for ages three to five)<br>¼ cup fruit cocktail and corn (for toddlers and twos) or ½ cup fruit cocktail and corn (for ages three to five) | ½ cup milk<br>1 oz sliced meat, cheese, and crackers (for toddlers and twos) or 1 ½ oz sliced meat, cheese, and crackers (for ages three to five)<br>¼ cup watermelon and carrots (for toddlers and twos) or ½ cup watermelon and carrots (for ages three to five) |
| <b>Afternoon Snack</b> | ½ cup 100% apple juice with ¼ cup (for toddlers and twos) or 1/3 cup (for ages three to five) animal crackers                                  | ½ cup 100% apple juice with ¼ cup (for toddlers and twos) or 1/3 cup (for ages three to five) Goldfish crackers   | ½ cup 100% apple juice with ¼ cup (for toddlers and twos) or 1/3 cup (for ages three to five) Chex Mix   | ½ cup 100% apple juice with ¼ cup (for toddlers and twos) or 1/3 cup (for ages three to five) Wheat Thin crackers  | ½ cup 100% apple juice with ¼ cup (for toddlers and twos) or 1/3 cup (for ages three to five) pretzels   |

\*Menu is subject to change without notice

\*Substitutions can be made for specific dietary restrictions or allergies

\*Families can choose to pack snacks and/or lunch for their child, but we ask that healthy choices are provided