



Menu ONE

Food Guide Recommendations Based on children ages 2 - 8 years (more ample servings for all infants)

MEAL:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal Bananas Milk	Whole Wheat Toast Butter or Jam Milk	Cereal Berries Milk	Whole Wheat Toast Cream Cheese Milk	Pancakes Milk
LUNCH	Soup of The Day:	Chicken & Vegetable Stir Fry Rice Fruit Milk or Water	Pasta Bolognese Tomato/Meat Sauce Mixed Vegetables Fruit Milk or Water	Grilled Tofu Grilled Potatoes Mixed Vegetables Fruit Milk or Water	Mixed Sandwiches (Cheese, Bologna, Egg, Tuna) Veggie Sticks Hummus Fruit Milk or Water
	Whole Wheat Toast Cream Cheese Fruit Milk or Water				
Afternoon Snack	Yogurt Crackers Milk or Water	Hummus Pita Milk or Water	Muffins Fruit Slices Milk or Water	Waffles Fruit Puree Milk or Water	Applesauce Crackers Milk or Water

Fresh Seasonal Fruits: Grapes, Oranges, Bananas, Apples, Pears, Tangerines, Berries

Fresh Seasonal Vegetables: Carrots, Celery, Cucumber, Peppers, Tomatoes, Squash, Corn, Peas



Menu TWO

Food Guide Recommendations Based on children ages 2 - 8 years (more ample servings for all infants)

MEAL:	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal Bananas Milk	Whole Wheat Toast Cream Cheese Milk	Cereal Berries Milk	Whole Wheat Toast Butter or Jam Milk	Muffins Milk
LUNCH	Soup of The Day:	Baked Homemade Macaroni & Cheese	Tofu & Vegetable Stir Fry	Pasta with Chicken Tomato Sauce	Mixed Sandwiches (Cheese, Bologna, Egg, Tuna)
	Whole Wheat Toast Cream Cheese	Bean Salad	Rice	Mixed Vegetables	Veggie Sticks Hummus
	Fruit	Fruit	Fruit	Fruit	Fruit
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Afternoon Snack	Yogurt Cracker Milk or Water	Avocado Dip Vegetable Slices Pita Milk or Water	Muffins Fruit Slices Milk or Water	Bread Pudding Fruit Slices Milk or Water	Cheese Cubes Crackers Milk or Water

Fresh Seasonal Fruits: Grapes, Oranges, Bananas, Apples, Pears, Tangerines, Berries

Fresh Seasonal Vegetables: Carrots, Celery, Cucumber, Peppers, Tomatoes, Squash, Corn, Peas