

					July				
Week 1	Component	1-2 years	3-5 years	6-12 years	Monday 4	Tuesday 5	Wednesday 6	Thursday 7	Friday 8
Breakfast 7:00AM	Milk, fluid	1/2 cup	3/4 cup	1 cup		Special K Blueberry	WW Pancakes	Kix cereal	Oatmeal squares
	Vegetable, fruits, or portion of boyh	1/4 cup	1/2 cup	1/2 cup		Blueberries	Apples	Bananas	Strawberries
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup		Milk	Milk	Milk	Milk
	Other Extra Food						syrup		
Snack 9:30A	Milk, fluid	1/2 cup	3/4 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup		Oatmeal squares	Bananas	Yogurt	Belvita
	Vegetable	1/2 cup	1/2 cup	3/4 cup		Apples	String cheese	Cheese Crackers	Raisins
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup					
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					
Lunch 11:30AM 12:30PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.		Mac an Cheese	Turkey and egg	Split Pea Soup	Brunch for Lunch: Pancakes Scrambled eggs
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup		Baked beans	Fried rice	with Oatmeal	
	Vegetable	1/8 cup	1/4 cup	1/2 cup		Macaroni	Cabbage salad	Grilled Cheese	Potatoes tots
	Fruit	1/8 cup	1/4 cup	1/2 cup		Peaches	Pears	Pineapples	Bananas
	Milk, fluid	1/2 cup	3/4 cup	1 cup		Milk	Milk	Milk	Milk
	Other Extra Food								Syrup, Ketchup
Supper 4:00PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.		Turkey Cheese roll	Whole Wheat bread	Sloppy Joe Sliders	Beef franks on
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1 slice 1/2 cup 1/2 cup		Wheat tortilla	Turkey breast sand	Hawaiian rolls	Hotdog Bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup		French fries	Garden salad	Cucumbers	Corn
	Fruit	1/8 cup	1/4 cup	1/2 cup		Grapes	Bananas	Apples	Watermelon
	Milk, fluid	1/2 cup	3/4 cup	1 cup		Milk	Milk	Milk	Milk
	Other Extra Food					Ketchup	Ranch		Ketchup
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.									
					Vegetable component	Fruit component	Whole grain rich	1y-2y old-whole milk, 2y and over-1% milk	
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					July				
Week 2	Component	1-2 years	3-5 years	6-12 years	Monday 11	Tuesday 12	Wednesday 13	Thursday 14	Friday 15
Breakfast 7:00AM	Milk, fluid	1/2 cup	3/4 cup	1 cup	Melon	Bagel	Waffles	Pancakes	Oranges
	Vegetable, fruits, or portion of boyh	1/4 cup	1/2 cup	1/2 cup	Multigrain cheerios	Strawberries	Applesauce	Bananas	Frosted Mini-Wheats
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	cereal with milk	Milk	Milk	Milk	Milk
	Other Extra Food					Cream cheese	Maple syrup	Maple syrup	
Snack 9:30A	Milk, fluid	1/2 cup	3/4 cup	1 cup	Club crackers	Oranges	Wheat Thins	Triscuit crackers	String cheese
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	American cheese	Oatmeal Squares	Grapes	Apples	Craisins
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					
Lunch 11:30AM 12:30PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Turkey and egg	Chicken Noodle Soup	Whole grain penne with	Lentil Soup	Beef meatloaf
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	Fried rice	Wheat thins	with Beef and	Whole wheat	Mash potato, pickles
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cabbage salad	Garden salad / egg	Marinara	Grilled cheese	Whole Wheat bread
	Fruit	1/8 cup	1/4 cup	1/2 cup	Pears	Pineapple	Peaches	Mandarins	Melon
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food								
Supper 4:00PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Crunchy tacos	Turkey and Cheese	Mozzarella	Sloppy Joe	Ritz crackers
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	Beef, refried beans, cheese	Sub sandwich	Cheese Pizza	Hamburger roll	Turkey and Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Lettuce, salsa	Cucumber	Baked beans	Baby carrots	French fries
	Fruit	1/8 cup	1/4 cup	1/2 cup	Apples	Watermelon	Bananas	Apples	Grapes
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food				sour cream			Ranch	Ketchup
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.									
					Vegetable component	Fruit component	Whole grain rich	1y-2y old-whole milk, 2y and over-1% milk	
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					July				
Week 3	Component	1-2 years	3-5 years	6-12 years	Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
Breakfast 7:00AM	Milk, fluid	1/2 cup	3/4 cup	1 cup	Melon	Oatmeal	Peaches	Waffles	Apples
	Vegetable, fruits, or portion of boyh	1/4 cup	1/2 cup	1/2 cup	Multigrain cheerios	Applesauce	Special K Peaches	Strawberries	Berry Kix cereal
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	cereal with milk	Milk	cereal with milk	Milk	Milk
	Other Extra Food							Syrup	
Snack 9:30AM	Milk, fluid	1/2 cup	3/4 cup	1 cup	Salsa	Nilla wafers	Oatmeal squares	Frosted mini wheats	Rice Krispies
	Fruit	1/2 cup	1/2 cup	3/4 cup	Tortilla chips	American cheese	Raisins	Grapes	Apples
	Vegetable	1/2 cup	1/2 cup	3/4 cup					
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup					
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					
Lunch 11:30AM 12:30PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Beef Barley Soup	Turkey and egg	Garbanzo	Whole wheat spaghetti	Tomato soup, corn
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	Cheese crackers	Fried rice	vegetable soup	Beef and	Grilled cheese/turkey
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Potato tots	Garden Salad	Cheese Quesadilla	Marinara sauce	Whole Wheat Bread
	Fruit	1/8 cup	1/4 cup	1/2 cup	Peaches	Mixed fruit	Pears	Pineapples	Bananas
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food				Ketchup	Ranch			
Supper 4:00PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Ranch Chicken Chees	Loaded Nachos	Turkey Cheese roll	Mozzarella cheese	Beef franks on
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	Tortilla wrap	Cheese, Beef	Wheat tortilla	flatbread	Hotdog Bun
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Baby carrots	Refried beans, Corn, Salsa	French fries	Cheek peas	Cucumbers
	Fruit	1/8 cup	1/4 cup	1/2 cup	Apples	Banans	Watermelon	Grapes	Oranges
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food				Ranch	Sour cream	Ketchup		Ketchup
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.									
					Vegetable component	Fruit component	Whole grain rich	1y-2y old-whole milk, 2y and over-1% milk	
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					July				
Week 4	Component	1-2 years	3-5 years	6-12 years	Monday 25	Tuesday 26	Wednesday 27	Thursday 28	Friday 29
Breakfast 7:00AM	Milk, fluid	1/2 cup	3/4 cup	1 cup	Oatmeal	Bagels	Oranges	Waffles	Strawberries
	Vegetable, fruits, or portion of boyh	1/4 cup	1/2 cup	1/2 cup	Applesauce	Grapes	Cheerios	Apples	Special K strawberry
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	Milk	Milk	cereal with milk	Milk	cereal with milk
	Other Extra Food					cream cheese		Syrup	
Snack 9:30AM	Milk, fluid	1/2 cup	3/4 cup	1 cup	Rice Krispies	Oatmeal Squares	String Cheese	Corn tortilla chips	Yogurt
	Fruit	1/2 cup	1/2 cup	3/4 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	Apples	Bananas	Graham Crackers	Salsa	Goldfish crackers
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup					
	Meat or meat alternate	1/2 oz.	1/2 oz.	1 oz.					
Lunch 11:30AM 12:30PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Beef Sausage and	Borsch-vegetarian soup	Baked chicken	Grilled cheese on	Macaroni and
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	Vegetable Soup	Garlic breadsticks	White rice	Whole wheat bread	Cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Cheese on WWbread	Cheese cubes	Tomatoes	Cauliflower Egg Frittata	Baked beans
	Fruit	1/8 cup	1/4 cup	1/2 cup	Peaches	Grapes	Melon	Bananas	Pears
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food					Sour cream			
Supper 4:00PM	Meat or meat alternate	1 oz.	1 1/2 oz.	2 oz.	Turkey and Cheese	Beef and cheese	Mozzarella cheese	Ritz crackers	Crunchy tacos
	Grains/Breads, Cooked cereal, and/or pasta	1/2 slice 1/4 cup 1/4 cup	1/2 slice 1/4 cup 1/4 cup	1slice 1/2 cup 1/2 cup	Sub sandwich	quesadilla	Pizza	Turkey and Cheese	Beef, mexican cheese
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Lettuce	salsa, corn	Baked Beans	French fries	Refried beans, lettuce
	Fruit	1/8 cup	1/4 cup	1/2 cup	Oranges	Apples	Watermelon	Grapes	Bananas
	Milk, fluid	1/2 cup	3/4 cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Other Extra Food				Ranch	Sour cream		Ketchup	sour cream
Meals served include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.									
					Vegetable component	Fruit component	Whole grain rich	1y-2y old-whole milk, 2y and over-1% milk	
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