



Weekly Meal Plan



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

WHOLE MILK/ 1%
CEREAL (WG)
BANANA

WHOLE MILK/ 1%
BANANA PANCAKES
WITH SYRUP
STRAWBERRIES

WHOLE MILK/ 1%
YOGURT
RASPBERRIES

WHOLE MILK/ 1%
PB ENGLISH
MUFFIN (WG)
PEACHES

WHOLE MILK/ 1%
FRENCH TOAST WITH
SYRUP
STRAWBERRIES

Lunch

WHOLE MILK/ 1%
CORNDOGS WITH
KETCHUP
STRAWBERRIES
BROCCOLI

WHOLE MILK/ 1%
PIZZA WITH HAM &
PINEAPPLE
FRUIT COCKTAIL
GREEN BEANS

WHOLE MILK/ 1%
SLOPPY JOES WITH BUN
(WG)
WATERMELON
CORN

WHOLE MILK/ 1%
HAM & CHEESE ROLLUP
PEARS
MIXED VEGGIES

WHOLE MILK/ 1%
CHICKEN NUGGETS WITH
KETCHUP
ROLL (WG)
RASPBERRIES
BROCCOLI

PM Snack

APPLES WITH PB
GOLDFISH CRACKERS

CHEESE STICK AND
PRETZELS (WG)
FRUIT CUP

WHEAT THINS (WG) AND
BANANA
CHEESE SLICES

MINI MUFFINS
ANIMAL CRACKERS (WG)

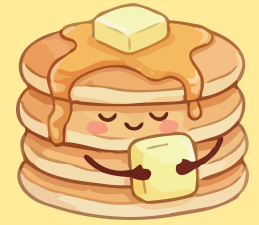
APPLESAUCE & GRAHAM
CRACKER
GOGURT

Key

WG:Whole Grain



Weekly Meal Plan



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

WHOLE MILK/ 1%
EGG & SAUSAGE
BREAKFAST SANDWICH
(WG)
BLUEBERRIES

WHOLE MILK/ 1%
CEREAL (WG)
BANANAS

WHOLE MILK/ 1%
WAFFLES WITH SYRUP
BLUEBERRIES

WHOLE MILK/ 1%
EGGS & HASHBROWNS
WITH KETCHUP
BANANAS

WHOLE MILK/ 1%
YOGURT AND FRUIT
PARFAIT

Lunch

WHOLE MILK/ 1%
BEEF NACHOS WITH
CHEESE
PEACHES
CORN

WHOLE MILK/ 1%
MAC & CHEESE
GRAPES
BROCCOLI

WHOLE MILK/ 1%
CHEESEBURGER WITH
KETCHUP (WG)
PEARS
FRENCH FRIES

WHOLE MILK/ 1%
TACO PASTA WITH BEEF
ROLL (WG)
GRAPES
CARROTS AND RANCH

WHOLE MILK/ 1%
FISH STICKS
ROLL (WG)
FRUIT COCTAIL
MIXED VEGGIES

PM Snack

BANANAS & CEREAL (WG)
GOLDFISH CRACKERS

APPLESAUCE & GRAHAM
CRACKERS
MINI MUFFINS

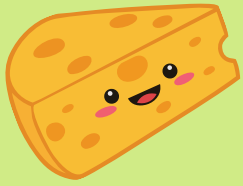
FRUIT CUP
ANIMAL CRACKERS (WG)

RITZ CRACKERS
FRUIT CUP

MINI BAGEL WITH PB
GRAPES

Key

WG:Whole Grain



Weekly Meal Plan



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Friday

Breakfast

**WHOLE MILK/ 1%
BLUEBERRY & SAUSAGE
PANCAKE MUFFIN
CANTALOUPE**

**WHOLE MILK/ 1%
CEREAL (WG)
STRAWBERRIES**

**WHOLE MILK/ 1%
YOGURT
BANANA**

**WHOLE MILK/ 1%
EGG CUPS WITH MEAT
AND CHEESE
CANTALOUPE**

**WHOLE MILK/ 1%
PB ENGLISH MUFFIN
GRAPES**

Lunch

**WHOLE MILK/ 1%
SPAGHETTI & MEATBALLS
ROLL (WG)
PEACHES
CORN**

**WHOLE MILK/ 1%
CHICKEN, BACON, RANCH
TATER TOT CASSEROLE
CANTALOUPE
GREEN BEANS**

**WHOLE MILK/ 1%
LUNCHABLE: MEAT,
CHEESE & CRACKERS
GRAPES
CARROTS AND RANCH**

**WHOLE MILK/ 1%
CHICKEN AND CHEESE
TAQUITOS
STRAWBERREIS
VEGGIE**

**WHOLE MILK/ 1%
HAM & CHEESE
SANDWICH (WG)
FRUIT COCKTAIL
VEGGIE**

PM Snack

**GRAPES
PRETZELS (WG)**

**APPLE WITH PB
ANIMAL CRACKERS (WG)**

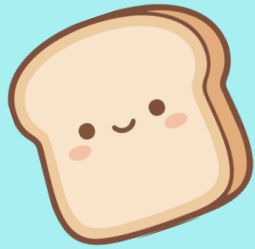
**APPLESAUCE
RITZ CRACKERS**

**BANANA & PB ROLLUP
GOGURT**

**WHEAT THINS & CHEESE
(WG)
FRUIT CUP**

Key

WG:Whole Grain



Weekly Meal Plan



Monday

Tuesday

Wednesday

Thursday

Friday

Breakfast

**WHOLE MILK/ 1%
CEREAL (WG)
BANANA**

**WHOLE MILK/ 1%
BISCUIT AND JAM
STRAWBERRIES**

**WHOLE MILK/ 1%
WAFFLES WITH SYRUP
PEACHES**

**WHOLE MILK/ 1%
YOGURT
STRAWBERRIES**

**WHOLE MILK/ 1%
EGGS & HASHBROWNS
WITH KETCHUP
WATERMELON**

Lunch

**WHOLE MILK/ 1%
CHICKEN BURGERS WITH
KETCHUP (WG)
WATERMELON
FRENCH FRIES**

**WHOLE MILK/ 1%
GRILLED CHEESE
SANDWICH (WG)
FRUIT COCKTAIL
BROCCOLI**

**WHOLE MILK/ 1%
TACOS WITH BEEF AND
CHEESE
WATERMELON
MIXED VEGGIES**

**WHOLE MILK/ 1%
BISCUITS AND GRAVY
CASSEROLE
APPLE SLICES
GREEN BEANS**

**WHOLE MILK/ 1%
HOT DOG WITH KETCHUP
(WG)
FRUIT
CORN**

PM Snack

**APPLESAUCE
GRAHAM CRACKERS**

**MINI MUFFINS
GOGURT**

**WHEAT THINS & CHEESE
(WG)
FRUIT CUP**

**WATERMELON
ANIMAL CRACKERS (WG)**

**CHEESE STICK
PRETZELS (WG)**

Key

WG:Whole Grain