

Breakfast

Monday 7/24	Tuesday 7/25	Wednesday 7/26	Thursday 7/27	Friday 7/28
Fresh Fruit	→			
Rice Krispies Life Chex	Muffins	Kix Cornflakes Wheaties	Belvita Bars	Cheerios Crispix Honey Bunches of Oats
WG Toast	→			
Milk	→			

A.M. Snack

Wheat Thins	Goldfish	Nilla Wafers	Oatmeal Cookies	Chex Mix
Juice	Juice	Milk	Milk	Juice

Lunch

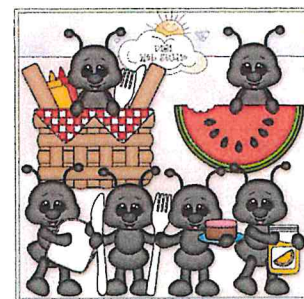
Monday 7/24	Tuesday 7/25	Wednesday 7/26	Thursday 7/27	Friday 7/28
Corn Dogs Peas & Carrots Pears	Submarine Sandwiches Carrots Pineapple	Chicken Shapes Salad <i>P/O/SA</i> Green Beans <i>D/P/K</i> Mandarin Oranges	Bologna & Cheese Strips Dinner roll Mixed Vegetables Peaches	Ribettes Sweet Potatoes Fries Broccoli Applesauce
Milk	→			

P.M. Snack

Rice Krispy Treat	Goldfish Grahams	Fresh Fruit Crackers	Pop Tart	Fresh Fruit Crackers
Milk	Milk	Water	Milk	Water

Component	Quantity required for each age	1-2 yrs.	3-6 yrs	6-12 yrs
Breakfast				
Milk		1/2 cup		
Fruit/Veg		1/4 cup	1/2 cup	1/2 cup
Breakfast/Cereal		1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Lunch/ Supper				
Milk		1/2 cup	3/4 cup	1 cup
Fruit/Veg		Two servings to a 1/4 cup	Total: 1/2 cup	3/4 cup
Bread/Cereal		1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Meat/Alternate		1 oz.	1 1/2 oz.	2 oz.
Snack any two food groups in the quantities below				
Milk		1/2 cup	1/2 cup	1 cup
Fruit/Veg		1/2 cup	1/2 cup	1/2 cup
Bread/Cereal		1/2 oz. or 1/2 slice	1/2 oz. or 1/2 slice	1 oz. or 1 slice
Meat/Alternate		1/2 oz.	1/2 oz.	1 oz.

Lunch Time



Notes: Fieldtrips Tues 7/25 O/SA Lake Farm Park / Thur 7/27 SA Akron Fossil.