



Week One

Monday

Am: Cereal, fruit, Milk

Pm: Trail Mix, Fruit, Water

Tuesday

Am: Yogurt, graham crackers, water

Pm: Pudding, animal crackers, water, fruit

Wednesday

Am: Waffles, fruit, Milk

Pm: Cheese, pickles, crackers, water

Thursday

Am: English muffins, spreads, fruit, milk

Pm: Vanilla ice cream, frozen fruit, water

Friday

Am: cinnamon apple slices, graham crackers, milk

Pm: Baking, fruit, Water



Week Two

Monday

Am: Cereal, fruit, milk

Pm: Veggies, dip, crackers, water

Tuesday

Am: English Muffins, spreads, Milk

Pm: rice cakes, fruit, water

Wednesday

AM: Toast, spreads, fruit, milk

Pm: yogurt parfaits, crackers, water

Thursday

Am: Waffles, fruit, Milk

Pm: Taco Salad, Milk

Friday

Am: cinnamon apple slices, graham crackers, milk

Pm: Baking, Fruit, milk



Week Three

Monday

Am: Cereal, Milk, Fruit

Pm: Veggie platter, dip, Milk

Tuesday

Am: Cinnamon Toast, fruit, milk

Pm: Nachos, sour cream, salsa, Fruit, water

Wednesday

Am: Waffle, Fruit, milk

Pm: pasta salad with veggies, water

Thursday

Am: cinnamon apple slices, graham crackers, milk

Pm: Rice, veggies, water

Friday

Am: whole wheat toast, spreads, fruit, milk

Pm: Baking, fruit, water