

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK ONE	5/28/18	5/1(29)/18	5/2(30)/18	5/3(31)/18	5/4/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	1 Packet Oatmeal ½ c. Apple 8 oz. Milk	1 Breakfast Bar ½ c. Pineapple 8 oz. Milk	1 Small Bagels w/ Cream Cheese 4 Apple Slices 8 oz. Milk	1 English Muffin ½ c Mixed Fruit 8 oz. Milk	1 c. Cheerios ½ c. Peaches 1 c. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	1 c. Goldfish ¾ c Oranges Water	1c. Cheese Its 1 Cheese stick 1c. Water	10 Tortilla Chips/2tbsp. salsa ¾.c Banana Water	1 Small Bagel 1oz Cream Cheese 1/4c. Cucumber Water	7 Seaweed Slices ¾ c Pineapple Water
WEEK TWO	5/7/18	5/8/18	5/9/18	5/10/18	5/11/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	2 Chex Cereal ½ c. Oranges 8 oz. Milk	1 Waffle ½ c. Banana 8 oz. Milk	1 English Muffin ½ c. Mandarin Oranges 8 oz. Milk	1 Pancake w/ Syrup and ½ c. Blueberries 8 oz. milk	1 slice Toast 1 tbsp. Butter ½ c. Applesauce 8 oz. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	½ Pita Chips 2 tbsp. Hummus Water	½ c. Ritz Crackers 1 String Cheese 1c. Water	½ c. Cottage Cheese ¾ c Bell Pepper Slices Water	¾ c. Baby Spinach 1 oz. Cheese ¼ c Raisins 1oz Ranch dressing Water	2 Graham crackers 1 String Cheese Water
WEEK THREE	5/14/18	5/15/18	5/16/18	5/17/18	3/18/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	1 c. Life Cereal ½ c. Peaches 1 c. Milk	1 c. Cheerios ½ c Strawberries 8 oz. Milk	1 Packet Oatmeal ½ c Blueberries 8 oz. Milk	½ c. Pineapple 2 pancakes 8 oz. Milk	1 Slice Toast 2 tbsp. Sun Butter ½ c. Strawberries 8 oz. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	1 String Cheese 6 Wheat Thins Water	7 Seaweed Slices ¾ c Pineapple Water	¾ c. Broccoli and Carrots ½ c Craisins 2 tbsp. Hummus Water	¾ c. Apple Slices w/ cinnamon ½ c. Greek Vanilla Yogurt Water	¾ c. Baby Spinach 1 oz. Turkey slices 1oz Ranch dressing Water
WEEK FOUR	5/21/18	5/22/18	5/23/18	5/24/18	5/25/18
Breakfast Fruit/Vegetable Milk Bread/Grain (Protein Optional)	1 English Muffin 1 tbsp. Sun Butter ½ c. Banana 8 oz. Milk	1 Pancake w/ Syrup and ½ c. Blueberries 8 oz. milk	1 packet Oatmeal ½ c. Pineapple 8 oz. Milk	1 Waffle w/ Syrup ½ c. Strawberries 8 oz. Milk	1 c. Life Cereal ½ c. Pears 8 oz. Milk
PM Snack 2 Components: Milk Protein Bread/Grain Fruit/Vegetable	1 Cheese Stick 5 Ritz Crackers Water	1 c. Wheat thins ¾ c. Grapes Water	1 oz. Turkey slices, Baby Spinach, Cream Cheese 1 Tortilla Water	1 c. Pretzels ¾ C. Frozen Blueberries Water	1 c. Ritz crackers ¾ c Carrots Water