



## Sample Meal Plan

**\*\* 1% Milk and Water will be served to children over 2 years old each day**

	Breakfast	A.M Snack	Lunch Week 1	Lunch Week 2	Lunch Week 3	Lunch Week 4	P.M. Snack
	8:00 AM	10:00 AM	12:00 PM				3:00 PM
<b>Monday</b>	Oatmeal, banana slices, 1% Milk	Yogurt, Granola, 1% Milk	Grill Cheese sandwich, Mixed berries, celery, 1% Milk	Baked Fish, Rice, Peas, 1% Milk	Grilled Chicken strips, Green Beans, Apple slices, brown rice, 1% Milk	Baked chicken bites, carrot sticks, apple slices, whole wheat roll, 1% Milk	Sliced turkey, whole wheat crackers, 1% Milk
<b>Tuesday</b>	Whole wheat toast, scrambled eggs, 1% Milk	Cheese Sticks, Wheat Crackers, Apple Slices, 1% Milk	Chicken Strips, mashed potatoes, steamed broccoli, apple slices, 1% Milk	Chicken & Rice, Steamed Veggies, 1% Milk	Cheese Quesadilla, Bell pepper strips, orange wedges, whole wheat tortilla, 1% Milk	Turkey & cheese wrap, cucumber slices, pineapple chunks, whole wheat tortilla, 1% Milk	Almond butter, apple slices, 1% Milk
<b>Wednesday</b>	Cheerios, Strawberries, 1% Milk	Hummus, Carrot Sticks, 1% Milk	Turkey sandwich, carrot sticks, sliced pears, 1% Milk	Hummus & Pita, cucumber slices, grapes, whole grain pita, 1% Milk	Turkey meatballs, steamed broccoli, pear slices, whole wheat pasta, 1% Milk	Chicken salad sandwich, blueberries, cucumber & tomato salad, 1% Milk	Cheese stick, whole grain pretzels, 1% Milk
<b>Thursday</b>	Pancakes, Sausage, Blueberries, 1% Milk	Crackers, Peanut Butter, 1% Milk	Pasta with Marinara, Broccoli, Oranges, 1% Milk	Ham & Cheese sandwich, peaches, carrot sticks, 1% Milk	Baked Chicken, sweet potato cubes, banana, whole wheat toast, 1% Milk	Baked salmon, roasted sweet potato, orange wedges, brown rice, 1% Milk	Tuna salad, whole grain crackers, 1% Milk
<b>Friday</b>	Whole Wheat Bagel, Cream Cheese, 1% Milk	Trail Mix, Raisins, Banana, 1% Milk	Cheese Quesadilla, Corn, Rice, Peaches 1% Milk	Chicken and veggie stir-fry, quinoa, pear slices, 1% Milk	Baked fish fillet, peas & carrots, melon, quinoa, 1% Milk	Black beans & rice, steamed broccoli, grapes, corn tortilla, 1% Milk	Mashed avocado, whole wheat toast, 1% Milk