

Week 7

BREAKFAST

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
1% MILK FRUIT CUP CEREAL	1% MILK Fruit of day BAGEL	1% MILK Fruit of the day MUFFIN	1% MILK FRUIT CUP BAGEL	1% MILK FRUIT CUP CEREAL	1% MILK Fruit of the day MUFFIN	1% MILK FRUIT CUP CEREAL

<u>LUNCH</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>MONDAY</u> 1% MILK Fruit Cup WHOLE APPLE PB&J 4.8oz	<u>TUESDAY</u> 1% MILK WHOLE ORANGE CARROT STICKS TURKEY & CHEESE WHEAT	<u>WEDNESDAY</u> 1% MILK WHOLE APPLE whole fruit TUNA CUP Wheat crackers	<u>THURSDAY</u> 1% MILK WHOLE Fruit WHOLE ORANGE Chicken Salad	<u>FRIDAY</u> 1% MILK RAISANS CARROT STICKS 1.6oz. HAM&CHEESE WHEAT	<u>SATURDAY</u> 1% MILK WHOLE Fruit WHOLE ORANGE pB&J 4.8oz	<u>SUNDAY</u> 1% MILK WHOLE ORANGE CARROT STICKS 1.6oz. TURKEY & CHEESE WHEAT

<u>SUPPER</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>MONDAY</u> 1% MILK WHOLE FRUIT RAISANS 1.5oz. TURKEY& CHEESE WHEAT	<u>TUESDAY</u> 1% MILK WHOLE APPLE FRUIT CUP HAM&CHEESE WHEAT	<u>WEDNESDAY</u> 1% MILK Whole Fruit FRUIT CUP pB&J 4.8oz.	<u>THURSDAY</u> 1% MILK CARROT STICKS 1.6oz. WHOLE APPLE TUNA CUP wheat thins	<u>FRIDAY</u> 1% MILK WHOLE ORANGE FRUIT CUP TURKEY&CHEESE WHEAT	<u>SATURDAY</u> 1% MILK WHOLE FRUIT RAISANS 1.5oz. Chicken salad WHEAT	<u>SUNDAY</u> 1% MILK Whole Fruit FRUIT CUP pB&J 4.8oz.

<u>SNACK</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
<u>MONDAY</u> 6oz juice CEREAL BAR 1,3oz.	<u>TUESDAY</u> 6oz juice CHEESE CRACKERS .75oz	<u>WEDNESDAY</u> 6oz juice PRETZELS 1.25oz	<u>THURSDAY</u> 6oz juice crackers GRAHM .9oz.	<u>FRIDAY</u> 6oz juice Lemon crackers 1.5oz	<u>SATURDAY</u> 6oz juice CEREAL BAR 1.3	<u>SUNDAY</u> 6oz juice GOLDFISH GRAHM

ALL JUICES ARE 100% JUICE

BREAKFAST AND LUNCH JUICES ARE 4 OUNCES

SNACK JUICES ARE 6 OUNCES

MILK IS 8 OUNCES AND MAY BE WHITE , CHOCOLATE, OR STRAWBERRY

CEREAL CUPS ARE 3/4 OUNCE

ADDITIONAL PROTEIN IS SERVED WITH PEANUT BUTTER AND JELLY SANDWICHES AND CEREAL CUPS (LUNCH & SUPPER)

SANDWICHES CONSIST OF 2 OUNCES OF PROTEIN AND 2 SERVINGS(SLICES) OF WHOLE GRAIN BREAD

BREAKFAST FRUIT WILL EQUAL 4 OUNCES OR GREATER(1 SERVING)

LUNCH FRUIT/VEGETABLE WILL EQUAL 3/4 CUP OR GREATER(2 SERVINGS)

FRUIT CUP MAY BE-PEACH, PEAR, PINEAPPLE, APPLESAUCE OR MIXED FRUIT

SB&J IS A SOY BUTTER AND JELLY SANDWICH

No PB&J for B&G club will sub. With Chicken Salad

FRUIT OF THE DAY MAY BE APPLE, ORANGE, BANANA, PEAR, PLUM, PEACH OR OTHER SEASONAL FRESH FRUIT