



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	2 (WGR) Baked Ziti with Ricotta & Mozzarella Steamed Green Beans Garlic Bread Apple Slices Milk and Water	3 Chicken Fried Rice Steamed Broccoli Pineapple Chunks Milk and Water V Veggie Fried Rice	4 Sloppy Joes on a (WW) Bun Peas and Carrots Banana Slices Milk and Water V Cheese Sandwich	5 (WW) Bean and Cheese Burritos Mexican Rice with Corn Mixed Fruit Milk and Water	6 Popcorn Chicken with BBQ Sauce Mashed Potato Steamed Corn Orange Slices Milk & Water V Veggie Wraps	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	9 (WGR) Chicken Fettuccini Alfredo Steamed Vegetables Apple Slices Milk and Water V Fettuccine Alfredo	10 (WGR) Chicken Noodle Stir Fry Steamed Broccoli Apple Slices Milk and Water V Veggie Noodle Stir Fry	11 (WGR) Macaroni and Cheese Steamed Peas Pear Slices Milk and Water	12 (WW) Soft Chicken Tacos Mexican Rice Steamed Mixed Vegetables Banana Slices Milk and Water V Cheese Quesadillas	13 (WGR) Chicken Salad w/ Grated Carrots & Apple Sandwich Steamed Baby Carrots with Ranch Dressing Orange Slices Milk and Water V Cheese Sandwich	Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup
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Size Servings Ages 1-2 4 Fluid Ounces Whole Milk Protein- Ounce/4 Ounces Vegetables ½ Cup, 2 tbsp Fruit ¼ Cup, 2 tbsp Grains - ½ Slice/Serving ¼ Cup	30 (WGR) Primavera Pasta w/ Broccoli, Cauliflower & Carrots Garlic Bread Apple Slices Milk and Water	31 (WG) Orange Chicken Fried Rice Broccoli Mandarin Oranges Milk & Water V Veggie Fried Rice				Size Servings Ages 3-5 6 Fluid Ounces 1% milk Protein1.5 Ounces/6 Ounces ½ Cup, ¾ Cup, ⅔ Cup Vegetables/Fruit ¼ Cup Grains ½ Slice/Serving ¼ Cup