







<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
3 Breakfast Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk	4 Breakfast Rice Krispies Sliced Peaches Unflavored Skim Milk	5 Breakfast Whole Grain Kix Cereal Mixed Fruit Unflavored Skim Milk	6 Breakfast Whole Grain Cheerios Applesauce Unflavored Skim Milk
Snack Whole Grain Ritz Crackers Fresh Oranges Water	Snack Whole Grain Corn Muffins Fresh Apples Water	Snack Whole Grain Goldfish Crackers Applesauce Water	Snack Whole Wheat Graham Crackers Pears Water
10 Breakfast Whole Grain Pancakes Bananas Unflavored Skim Milk	11 Breakfast  Whole Grain  Waffles w/Syrup  Applesauce  Unflavored Skim Milk	12 Breakfast  Whole Grain Corn Chex Banana Unflavored Skim Milk	13 Breakfast Whole Grain Kix Cereal Peaches Unflavored Skim Milk
Snack Whole Grain Ritz Crackers Soy Butter Raisins Water	Snack Whole Wheat Animal Crackers Mandarin Oranges Water	Snack Fresh Carrot Sticks Dipped Soy Butter Water	Snack Whole Grain Blueberry Mini Loaves Bananas Water
	3 Breakfast Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk  Snack Whole Grain Ritz Crackers Fresh Oranges Water  10 Breakfast Whole Grain Pancakes Bananas Unflavored Skim Milk  Snack Whole Grain Ritz Crackers Soy Butter Raisins	3 Breakfast Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk  Snack Whole Grain Ritz Crackers Fresh Oranges Water  Mhole Grain Pancakes Bananas Unflavored Skim Milk  Snack Whole Grain Pancakes Bananas Unflavored Skim Milk  Mhole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk  Snack Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk  Snack Whole Grain Ritz Crackers Soy Butter Raisins Waffles Water	3 Breakfast Whole Grain Raisin Bread Fresh Apples Unflavored Skim Milk  Snack Whole Grain Ritz Crackers Fresh Oranges Water  Mole Grain Pancakes Bananas Unflavored Skim Milk  10 Breakfast Whole Grain Pancakes Bananas Unflavored Skim Milk  Snack Whole Grain Ritz Crackers Fresh Oranges Water  11 Breakfast Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk  Snack Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk  Snack Whole Grain Corn Chex Banana Unflavored Skim Milk  Snack Whole Grain Corn Chex Banana Unflavored Skim Milk  Snack Whole Grain Corn Chex Banana Unflavored Skim Milk  Snack Whole Grain Ritz Crackers Soy Butter Raisins Waffles Wafer  Whole Wheat Animal Crackers Mandarin Oranges Water  Water









<u>Monday</u>	<u>Tuesday</u>	Wednesday	<b>Thursday</b>	<u>Friday</u>
16 Breakfast Rice Krispie Cereal Orange Wedges Unflavored Skim Milk	17 Breakfast  Whole Grain  French Toast Sticks  Applesauce  Unflavored Skim Milk	18 Breakfast Whole Grain Cheerios Diced Pears Unflavored Skim Milk		
Snack Whole Grain Goldfish Crackers Applesauce Water	Snack Whole Grain Blueberry Lemon Crisp Sliced Peaches Water	Snack Yogurt Whole Grain Maple Bites Water		