



Day 1

Breakfast

Muffins Yogurt Milk

Lunch

Fish Sticks Mixed
Veggies Mashed
Potatoes Fruit Milk

Snack

Teddy Grahams Apples
Milk

Dinner

Honey BBQ Bites
Broccoli Mac & Cheese
Fruit Milk



Day 2

Breakfast

Pancakes Apples Milk

Lunch

Mini Tacos Corn Rice
Fruit Milk

Snack

PB&J Pretzels Milk

Dinner

Alfredo Applesauce Roll
Peas Milk



Day 3

Breakfast

Oatmeal Fruit Milk

Lunch

Ravioli Broccoli Roll Fruit
Milk

Snack

Rice Cakes Pears Milk

Dinner

Meatloaf
Mashed Potatoes Corn
Fruit Milk



Day 4

Breakfast

Cheerios with Milk
Bananas Milk

Lunch

Chicken Sandwich
French Fries Fruit
Mixed Veggies Milk

Snack

Goldfish Fruit Milk

Dinner

Mini Hamburgers
French Fries
Applesauce Peas Milk



Day 5

Breakfast

Sausage Biscuit Peaches
Milk

Lunch

Chicken Quesadilla Rice
Corn Fruit Milk

Snack

Newtons Figs Banana
Milk

Dinner

Chicken Nuggets
Mac & Cheese Corn
Fruit Milk



Day 6

Breakfast

Pancake & Sausage
stick Yogurt Milk

Lunch

Fish Sticks Mixed
Veggies Mashed
Potatoes Fruit Milk

Snack

Animal Crackers Apples
Milk

Dinner

Alfredo Broccoli Roll
Fruit Milk



Day 7

Breakfast

Oatmeal Apples Milk

Lunch

Chicken Bites Mixed
Veggies Mac & Cheese
Fruit Milk

Snack

Pretzels Cheese Stick
Milk

Dinner

Chicken Tenders Corn
Mac & Cheese Fruit Milk



Day 8

Breakfast

Honey Biscuit Roll Ups
Apple sauce Milk

Lunch

Mini Cheeseburgers
Mixed Veggies French
Fries Fruit Milk

Snack

PB&J Goldfish Milk

Dinner

Spaghetti Mixed Veggies
Roll Fruit Milk



Day 9

Breakfast

French Toast Yogurt
Milk

Lunch

Chicken Quesadillas
Mixed Veggies Mashed
Potatoes Fruit Milk

Snack

Veggie Chips Yogurt
Milk

Dinner

Shrimp Peas Mashed
Potatoes Fruit Milk



Day 10

Breakfast

Sausage Biscuit Apples
Milk

Lunch

Pizza Peas Fruit Milk

Snack

Peanut Butter Crackers
Fruit Milk

Dinner

Chicken Nuggets Mac &
Cheese Fruit Milk



Day 11

Breakfast

Pancake Yogurt Milk

Lunch

Honey BBQ Bites Mixed
Veggies Mashed
Potatoes Fruit Milk

Snack

Graham Crackers Apples
Milk

Dinner

Meatloaf Mashed
Potatoes Broccoli Roll
Fruit Milk



Day 12

Breakfast

Muffins Apples Milk

Lunch

Shrimp Mixed Veggies
Mac & Cheese Fruit
Milk

Snack

Rice Cake Pears Milk

Dinner

Mini Tacos Corn Mac &
Cheese Fruit Milk



Day 13

Breakfast

French Toast Apple
Sauce Milk

Lunch

Chicken Tenders Mixed
Veggies French Fries
Fruit Milk

Snack

PB&J Animal Crackers
Milk

Dinner

Alfredo Mixed Veggies
Roll Fruit Milk



Day 14

Breakfast

Oatmeal Yogurt Milk

Lunch

Fish Sticks Mixed
Veggies Mashed
Potatoes Fruit Milk

Snack

Cookies Yogurt Milk

Dinner

Meatballs Peas Mashed
Potatoes Fruit Milk



Day 15

Breakfast

Sausage Biscuit Apples
Milk

Lunch

Ravioli Peas Fruit Milk

Snack

Goldfish Fruit Milk

Dinner

Chicken Nuggets Mac &
Cheese Fruit Milk



Day 16

Breakfast

Pancake and Sausage
Stick Yogurt Milk

Lunch

Mini Tacos Mixed
Veggies Mashed
Potatoes Fruit Milk

Snack

PB&J Apples Milk

Dinner

Meatballs Mashed
Potatoes Broccoli Roll
Fruit Milk



Day 17

Breakfast

Cereal Apples Milk

Lunch

Chicken Quesadillas
Mixed Veggies Mac &
Cheese Fruit Milk

Snack

Veggie Chips Pears Milk

Dinner

Shrimp Corn Mac &
Cheese Fruit Milk



Day 18

Breakfast

French Toast Pears
Milk

Lunch

Chicken Sandwich
Mixed Veggies French
Fries Fruit Milk

Snack

Newtons Figs Yogurt
Milk

Dinner

Ravioli Mixed Veggies
Roll Fruit Milk



Day 19

Breakfast

Sausage Biscuit Yogurt
Milk

Lunch

Chicken Bites Mixed
Veggies Mashed
Potatoes Fruit Milk

Snack

Goldfish Cheese Stick
Milk

Dinner

Fish Sticks Peas Mashed
Potatoes Fruit Milk



Day 20

Breakfast

Pancakes Cheese Stick
Milk

Lunch

Alfredo Roll Peas Fruit
Milk

Snack

Rice Cake Fruit Milk

Dinner

Mini Hamburgers
French Fries Peas Fruit
Milk