

## Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
<p>Kix*</p> <p>1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim</p> <p>1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup Orange Juice</p> <p>1-2yr 1/4cup, 3-12yr 1/2 cup</p>	<p>Pancakes</p> <p>1-5yr 1/2, 6-12yr 1 whole Banana</p> <p>1-2yr 1/2, 3-12yr 1 whole Milk-VitD/Skim</p> <p>1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup</p>	<p>Life*</p> <p>1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim</p> <p>1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup Orange Juice</p> <p>1-2yr 1/4cup, 3-12yr 1/2 cup</p>	<p>Waffles</p> <p>1-2yr 1/2 waffle, 3-5yr 1 waffle, 6-12yr 2 waffles Apple Slices</p> <p>1-5yr 1/2 apple, 6-12yr 1 whole apple Milk-VitD/Skim</p> <p>1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup</p>	<p>Cheerios*</p> <p>1-5yr 1/2cup, 6-12yr 1cup Milk-VitD/Skim</p> <p>1-2yr-1/2cup, 3-5yr 3/4 cup 6-12yr 1cup Orange Juice</p> <p>1-2yr 1/4cup, 3-12yr 1/2 cup</p>
<b>AM Snack</b>				
<p>Great Value WW Crackers*</p> <p>1-5yr 4 crackers, 6-12yr 7 crackers Tuna Salad</p> <p>1-5yr 1/8 cup 6-12yr 1/8 cup Water</p>	<p>Milk-VitD/Skim</p> <p>1-5yr-1/2cup, 6-12yr 1cup Animal Crackers</p> <p>1-5yr 1/4c, 6-12yr 1/2c</p>	<p>Mandarin Oranges</p> <p>1-5yr 1/2 cup, 6-12yr 3/4 cup Cottage cheese</p> <p>1-5yr 1/8cup, 6-12yr 1/4c Water</p>	<p>Apple Juice</p> <p>1-5yr-1/2cup, 6-12yr 1cup Seasoned Oyster Crackers</p> <p>1-5yr 1/4c, 6-12yr 1/2c</p>	<p>Graham Cracker</p> <p>1-5yr 1 sheet, 6-12yr 2 sheets Yogurt</p> <p>1-5yr 1/4 cup, 1/2 cup Water</p>
<b>Lunch</b>				
<p>Pizza Casserole</p> <p>1-5yr 1/2cup, 6-12yr 3/4 cup Green Beans</p> <p>1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Applesauce</p> <p>1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim</p> <p>1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup</p>	<p>Chicken &amp; Noodles</p> <p>1-5yr 1/2cup, 6-12yr 3/4 cup Corn</p> <p>1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Peaches</p> <p>1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim</p> <p>1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup</p>	<p>Meatloaf</p> <p>1-2yr- 1oz meat, 3-5yr- 1.5oz meat</p> <p>6-12yr- 2oz meat</p> <p>Bread* and Butter</p> <p>1-5yr 1/2 slice, 6-12yr 1 whole slice Baked Beans</p> <p>1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Tropical fruit</p> <p>1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim</p> <p>1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup</p>	<p>Chicken sandwich</p> <p>1-2yr 1/2bun 1oz meat (1 whole party) 3-5yr 1/2bun 1.5oz meat (1 1/2 patties) 6-12yr 1bun 2oz meat (2 patties)</p> <p>Peas</p> <p>1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pears</p> <p>1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim</p> <p>1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup</p>	<p>Chilli</p> <p>1-5yr 1/2cup, 6-12yr 3/4 cup Saltines</p> <p>1-5yr 4 crackers, 6-12yr 7 crackers Cooked Carrots</p> <p>1-2yr 1/8cup, 3-5yr 1/4cup, 6-12yr 1/2cup Pineapple</p> <p>1-2yr 1/8 cup, 3-12yr 1/4cup Milk-VitD/Skim</p> <p>1-2yr 1/2cup, 3-5yr 3/4cup, 6-12yr 1cup</p>
<b>PM Snack</b>				
<p>Pretzel Sticks</p> <p>1-5yr 13 sticks, 6-12yr 26 sticks String Cheese</p> <p>1-5yr 1/2 stick, 6-12yr Water</p>	<p>Biscuit w/cinnamon&amp;sugar</p> <p>1-5yr 1/2 biscuit, 6-12yr 1 biscuit Apple Punch Juice</p> <p>1-5yr 1/2 cup, 6-12yr 1 cup Water</p>	<p>Ham slices</p> <p>1-5yr 1/2oz, 6-12yr 1oz Town House Crackers</p> <p>1-5yr 4 crackers, 6-12yr 7 crackers Water</p>	<p>Pumpkin Bread</p> <p>1-12yr 1-2x2 slice if made on sheet pan VitD/Skim</p> <p>1-2yr 1/2cup, 3-5yr 1/2cup, 6-12yr 1cup Water</p>	<p>Great Value WW Crackers*</p> <p>1-5yr 4 crackers, 6-12yr 7 crackers Sliced Cheese</p> <p>1-5yr 1 slice, 6-12yr 2 slices Water</p>

\* denotes whole wheat