



## Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	Cereal with fruit and milk	Pancake with fruit	Oatmeal with fruit and milk	French toast with fruit	Muffin with fruit
Lunch	Beef & Pasta bake with vegetable, fruit and milk	Spaghetti with red lentil sauce, vegetable, fruit and milk	Chicken vegetable stir-fry with rice, fruit and milk	Baked salmon with couscous, vegetable, fruit and milk	Spinach & cheese strata with a green salad, fruit and milk
PM Snack	Pita with fruit	Frozen yogurt with graham crackers	Scone with fruit	Granola bar	Bagel, vegetable and hummus
Servings:					
Fruit & veggie	3.5	3.25	3.5	3	3.25
Grain Products	2	2	2	2	2
Milk & Alternative	1.5	1.5	1	1	1
Meat & Alternative	1	1	1	1	1

Infants and children with food restrictions may be provided with substitutions.