

Weekly Menu

January 2019		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7am	Meal	Cereal & Fruit	Applesauce Oatmeal	Cheesy Grits	Blueberry Muffin	Cheese Toast
	Grain	1/4 cup whole grain Cheerio's	1/4 cup oatmeal	1/4 cup grits	1 whole wheat blueberry muffin	1/2 slice whole grain english muffin
	Fruit/Vegetable	1/4 cup blueberries	1/4 cup applesauce	1/2 banana	1/2 cup strawberries	1/4 cup peaches
	Other			pinch of butter & cheese		1/2 slice cheese
	Milk	1/2 cup milk	1/2 cup milk	1/2 cup milk	1/2 cup milk	1/2 cup milk
Snack 9am		1/2 oz graham cracker	1/2 granola bar	1/4 cup whole grain cereal	1/2 oz whole grain crackers	1/2 oz gold fish crackers
		4 oz 100% juice	1/2 cup blueberries	4 oz 100% juice	1/2 oz cheese	4 oz 100% juice
		water	water	water	water	water
Lunch 11:45am	Meal	Pasta With Chicken & Peas	Turkey Sandwich	Chicken Fried Rice	Oven Baked Chicken Nuggets	Turkey Tacos
	Grain	1/4 cup whole grain pasta	1 slice whole grain bread	1/4 cup brown rice	1 slice whole grain bread	1 oz corn taco shell
	Fruit/Vegetable	1/4 cup peas & 1/4 cup carrots	1/4 cup edamame beans & 1/4 cup baby carrots/broccoli	1/2 cup broccoli, cauliflower, and carrots	1/2 cup Brussels sprouts & butternut squash	1/4 cup corn, 1/4 cup lettuce, tomato, avocado
	Protein	1 oz cubed chicken	1/2 oz turkey & 1/2 oz cheese	1 oz chicken	1 oz chicken	1 oz ground turkey
	Milk	1/2 cup milk	1/2 cup milk	1/2 cup milk	1/2 cup milk	1/2 cup milk
	Other/optional		Yogurt ranch dip for veggies			
Snack 3pm		1/8 cup hummus	1/2 cup kiwi	1/2 cup blueberries	1/2 cup pretzels	1/2 cup peaches
		1/2 oz whole grain pita chips	1/2 oz cheese	2 oz yogurt	1/2 cup pineapples	1/2 oz graham crackers
		water	water	water	water	water

