

Weekly Menu Ages 1-2

Date		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7am	Meal	Bagel & Fruit	Breakfast Burrito	Yogurt Cup	Whole grain waffle	Egg & Toast
	Grain	1/4 whole grain bagel	1 oz whole grain tortilla	1/4 cup cherrios	1/2 whole wheat waffle	1/2 slice whole grain toast
	Fruit/Vegetable	1/2 banana	1/4 cup peaches	1/4 cup strawberries	1/4 cup blueberries	1/4 cup apples
	Other	low fat cream cheese if desired	1/4 scrambled egg and 1/2 oz cheese	2 oz vanilla yogurt	100% maple syrup	1/2 boiled egg
	Milk	1/2 cup 1% milk	1/2 cup 1% milk	1/2 cup 1% milk	1/2 cup 1% milk	1/2 cup 1% milk
Snack 9am		1/2 oz graham cracker	1/2 granola bar	1/4 cup whole grain cereal	1/2 cup mixed berries	1/2 oz gold fish crackers
		4 oz 100% juice	1/2 cup pineapples	4 oz 100% juice	1/2 oz cheese	4 oz 100% juice
		water	water	water	water	water
Lunch 11:45am	Meal	Grilled Cheese Sandwich	Hawaiin Pizza	"Lunchable"	Rice N Beans	Black Bean Quesadilla
	Grain	1 slice whole grain bread	1/2 whole grain english muffin	1 oz whole grain crackers	1/4 cup brown rice	1 oz whole grain tortilla
	Fruit/Vegetable	1/2 cup broccoli, carrots, & cauliflower	1/8 cup spinach, 1/8 cup tomato sauce, 1/8 cup pineapples	1/2 cup mixed raw veggies (carrots, snap peas, cucumbers)	1/2 cup onions/bell peppers/mushroom stir fry	1/4 cup corn, 1/4 cup salsa, & 1/4 cup avocado
	Protein	1 oz cheese	1/2 oz mozzarella cheese & 1/2 oz chopped ham	1/2 oz chicken & 1/2 oz cheddar cheese	1/4 cup kidney beans	1/8 cup black beans & 1/2 oz cheese
	Milk	1/2 cup 1% milk	1/2 cup 1% milk	1/2 cup 1% milk	1/2 cup 1% milk	1/2 cup 1% milk
	Other			Yogurt ranch dip for veggies		
Snack 3pm		1/2 cup peaches	1/2 oz whole grain pita chips	1/2 cup apples	1/2 oz whole grain pita chips	1/2 cup peaches
		1/2 oz gold fish crackers	1/8 cup hummus	2 oz yogurt	1/8 cup hummus	1/2 oz graham crackers
		water	water	water	water	water