

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains	1/2 c. Approved Cereal & 1/2 sl. WG Toast 1/2 c. Bananas 3/4 c. Skim Milk	1/2 WG Pancake 1/2 oz. (2) Sausage Links 1/2 c. Mixed Berries 3/4 c. Skim Milk	1/2 Breakfast Burrito 1/2 c. Pineapple 3/4 c. Skim Milk	1/2 WG Bread/Toast 1/2 oz, 1 Cheddar Cheese Slice 1/2 c. Bananas 3/4 c. Skim Milk	4 c. Yogurt 1/2 oz. Approved Cereal 1/2 c. Strawberries 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1/2 Grilled Ham & Cheese Sandwich 1/4 c. Peas & Carrots 1/4 c. Navel Oranges 3/4 c. Skim Milk	3/4 c. Chicken Alfredo 1/4 c. Broccoli 1/4 c. Apples * <i>1/4 c Applesauce for EHS</i> 3/4 c Skim Milk	1 Cheeseburger w/WG Bun 1/4 c. Green Beans 1/4 c. Peaches 1/2 sl. WW Bread 3/4 c. Skim Milk	1 serving Bubble Pizza 1/4 c. Mixed Veggies 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	1 1/2 oz Taco Haystacks w/WG Tortilla Chips or Taco Shells <i>WG Softshell for EHS</i> 1/4 c. Romaine Lettuce 1/4 Shredded Cheese 1/4 c. Mixed Fruit 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components Listed above)	1 Yogurt Parfait * Yogurt, Granola, Fruit Water	1/2 c. Peaches 1/8 c. Cottage Cheese Water	1/2 c. Mandarin Oranges 16 WG Honey Teddy Grahams Water	1/2 c. Pineapple tidbits 1/2 c. Skim Milk	19 Goldfish Crackers 1/2 c. Oranges Water

(WG) = Whole Grain Source * Water available at meals/snacks and throughout the day



Did you know that maintaining a healthy diet also means you are careful with what you drink?

- High sugar drinks take away a child's appetite for healthy foods.
- Sugar can provide the calories, but not the vitamins and minerals children need to grow and be healthy.
- Fruit juice contains 6 teaspoons of sugar in an 8 oz serving.
- A 20 oz soft drink can contain 15-20 teaspoons of sugar.
- There are 15-20 teaspoons of sugar with 500-700 calories in a 20 oz milkshake.
- Children over the age of 2 should drink 1% or skim milk.
- It is important to be aware of the sugar and fat in your favorite beverages. As a CACFP provider, we use the best practice of only serving non-flavored **milk or water** to keep your child healthy and strong!

