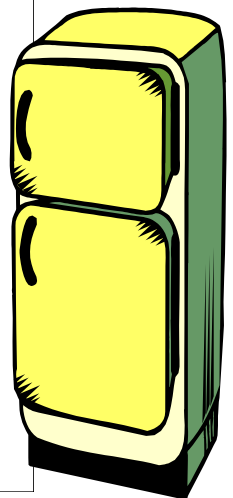


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains	1/2 oz. Approved Cereal and 1/2 sl. WG Toast 1/2 c. Mixed Berries 3/4 c. Skim Milk	1 1/2 WG Fr Toast Sticks 2 Sausage Links 1/2 c. Strawberries 3/4 c. Skim Milk	1/2 WG English Muffin 1/2 c. Bananas 3/4 c Skim Milk	Class Choice	1/2 oz. Approved Cereal & 1/2 sl. WW Toast 1/2 c. 100% Juice 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1 Turkey & Cheese Sub Sandwich (1 1/2 oz. Meat & Cheese) w/WG Hot Dog Bun 1/4 c Green Beans 1/4 c. Apple Slices * <i>1/4 c Apple Sauce for EHS</i> 3/4 c. Skim Milk	2/3 c. Hamburger Stroganoff 1/4 c. Peas & Carrots 1/4 c. Pears 3/4 c. Skim Milk	1 Chicken Patty w/WG Bun 1/4 c. Sweet Potato Fries or Tots 1/4 c. Mangoes 3/4 c. Skim Milk	Class Choice	2/3 c. Cheesy Tuna Noodle Casserole 1/4 c. Green Beans 1/4 c. Peaches 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components Listed above)	1/2 c. Pineapple Tidbits 1/2 c Skim Milk	1/2 oz/6 Animal Crackers 100% Grape Juice Water	19 Goldfish Crackers 1/2 c. Skim Milk	Class Choice	1/2 c. Strawberries (frz) 1/8 c. Cottage Cheese Water

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

Food Safety:
To keep refrigerated foods safe, check the temperature in your refrigerator periodically. The best temperature is between 36 degrees and 38 degrees Fahrenheit. Put a kitchen thermometer in a glass of water and place in the refrigerator overnight. If the temperature is above or below the recommended range, adjust the thermostat slightly and allow 24 hours for the temperature to adjust. After reaching the right temperature, keep refrigerator full to improve efficiency.



Parent Information:
Too much toothpaste may harm the appearance of young children’s teeth. Since preschool children often swallow tooth paste, they may absorb too much fluoride and get fluorosis (snowflaking the the tooth enamel. Supervise young children when they brush their teeth and make sure they do not use more than a pea size amount of toothpaste.



Fruity Banana Split
You will need: 3 bananas, 1-1/2 cups of low-fat vanilla yogurt, 2 cups of cubed fruit and berries of choice (strawberries, blueberries, pineapple, mango and/or blackberries) Directions: Cut the bananas in half lengthwise and then again, you should have four total slices from each banana. Add a 1/4 cup of yogurt to each bowl, then add a banana slice to either side and top with fruit mixture.

