

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST: Milk Vegetables, Fruits or portions of both Grains	1/2 oz. Approved Cereal & 1/2 sl. WG Toast 1/2 c. 100% Apple Juice 3/4 c. Skim Milk	1 (.7 oz.) WG Waffle 2 Sausage Links 1/2 c. Strawberries 3/4 c. Skim Milk	1/2 Baked Scrambled eggs 1/2 sl WG Toast 1/2 c. 100% Grape Juice 3/4 c. Skim Milk	1/4 c. Yogurt 1/2 oz. WG Cereal 1/2 c. Orange Slices 3/4 c. Skim Milk	1/2 WG Bread/Toast 1 Slice Cheddar Cheese 1/2 c. Bananas 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	1/2 Hamburger, Slice of Cheese & WG Bun 1/4 c. Baked Fries or Tots 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	4 Fish Nuggets 1/4 c. Baked Beans 1/4 c. Pears 1/2 sl. WG Bread/Dinner Roll 3/4 c. Skim Milk	1/2 Chicken Strips 1/4 c. Romaine Lettuce/ dressing 1/4 c. Shredded Carrots 1/4 c. Shredded Cheese for Garnish 3/4 c. Skim Milk	2/3 c. Cavatini 1/4 c. Cooked Carrots 1/4 c. Mixed Fruit 3/4 c. Skim Milk	2/3 c. Tator Tot Casserole 1/4 c. Peaches 1/2 sl. WG Roll/Bread 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components Listed above)	6 Wheat Thins 1/2 oz. Cheese Cubes/Slices Water	1/4 c. Yogurt 1/2 c. Blueberries Water	1/2 oz. Wheat Ritz Crackers 1/2 c. Milk Water	1/4 c. (10) Cheez It Snack Crackers 1/2 c. Sliced Grapes	1/2 c. 100% Applesauce 2 Graham Crackers Water

Rainbow Fruit Salad

- Watermelon
- Cantaloupe
- Pineapple
- Kiwi
- Blueberries



This is sure to be a favorite for kids and great way to get them involved in the kitchen where age appropriate. Wash, peel, and dice fruit as needed. To keep the fruit looking fresh, squeeze a lemon or lime over the fruit. Mix together and enjoy!

Snack Crediting: Serve 1/2 cup for ages 1-5

Fruit

LEARN IT

Most kids like eating fruit, but do they know how important fruit is for their growing bodies? Fruits provide important nutrients such as Vitamin C, Vitamin A, potassium, fiber, and folic acid. They can also reduce the risk of heart disease and stroke. Fruits are a convenient anytime snack and can be eaten in any form – fresh, frozen, canned, and dried. There are so many different varieties – the possibilities are endless!



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

READ IT

Mrs. Peanuckle's Fruit Alphabet
by Mrs. Peanuckle and Jessie Ford

Apples by Gail Gibbons

A Fruit is a Suitcase for Seeds
by Jean Richards, Anca Hariton (Illustrator)

The Fruits We Eat by Gail Gibbons

