

	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% Orange Juice 3/4 c. Skim Milk	1 1/2 WG French Toast Sticks 2 Sausage Links 1/2 c. 100% Grape Juice 3/4 c. Skim Milk	1/2 oz Approved Cereal 1/2 c. Banana 3/4. Skim Milk	1/2 WG Bread/Toast 1/2 oz. Cheese Slices 1/2 c. Apple Slices <i>EHS Applesauce</i> 3/4 c. Skim Milk	1 Banana Muffin 1/2 c. Pineapple 3/4 c. Skim Milk
LUNCH: Milk Meat or Meat Alternate Vegetables Fruits Grains	3 Fish Nuggets 1/4 c. California Medley-Veggies 1/4 c. Pears 1/2 WG Roll 3/4 c. Skim Milk	1/2 c. Spaghetti & Meat Balls 1/4 c. Spinach 1/4 c. Grape Tomatoes (<i>cut in 1/2</i>) 3/4 c. Skim Milk	3/4 c. Egg Bake w/sausage OR cubed ham & hash-browns 1/4 c. Mandarin Oranges 3/4 c. Skim Milk	Cheese Pizza 1/4 c. Romaine/Spinach 1/4 c. Grape Tomatoes (<i>Cut in 1/2</i>) 1/4 Shredded Carrots 3/4 c. Skim Milk	1 1/2 oz Tavern Mt w/WG bun 1/4 c. Sweet Potato Fries or Tots 1/4 c. Cooked Peas & Carrots 3/4 c. Skim Milk
PM SNACK: (2 of the 5 components Listed above)	4 WG Saltine Crackers 1/2 c. Grapes (<i>sliced in half</i>) Water	1/2 oz. Cheese Slices/Cubes 4 Flipside Crackers Water	1/2 oz gr eq (19 Goldfish Crackers 1/2 c. 100% Apple Juice Water	2 Sq. Graham Crackers 1/4 c. Yogurt Water	1/2 c. Strawberries 1/4 c. Cottage Cheese Water

Why is it important for my child to be active & play?

- Young children need to be active to grow & develop
- Children need to do things over & over in order to learn them and do them well.
- Children need to explore, try new things & discover for themselves

What kinds of play do children like?

- Copying parents doing things
- Playing with toys they can push & pull
- Repeating movements or activities
- Dumping things out of containers

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

Let's See. I'll Be.....

Ask your child to act like:
A tree swaying in the wind
The sun rising
A cat arching its back
A kangaroo jumping
A train chugging along a track
A butterfly in the sky

ACTIVITY IDEAS TO DO WITH YOUR CHILDREN

Body Part Follow the Leader

Move your body parts as you repeat the words & encourage your child to:
Bend one knee and an elbow
Nod your head, look high & low
Shake a leg
Clap your hands
Wave your arms
Make circles with your hips
Wiggle your fingers
Smile
Put your feet together
Pick up your legs
Stomp your feet!

