



WEEKLY MEAL CALENDAR

		Monday	Tuesday	Wednesday	Thursday	Friday
Week: 1	Breakfast	Cheerios, Fresh Blueberries (whole or halved for toddlers), Milk	Waffles, Strawberries (sliced), Milk	Pancakes, Sausage (bite-size), Raspberries (halved for younger children), Milk	Cinnamon French Toast, Strawberries (sliced), Grapes (quartered), Milk	Bagel with Cream Cheese, Banana (sliced), Milk
	AM Snacks <small>Optional/served as needed</small>	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers
	Lunch	Chicken Nuggets, Macaroni & Cheese, Cucumbers (thinly sliced), Apple Slices (peeled & cut small), Milk	Ham & Cheese Quesadilla, Steamed Carrots (soft-cooked), Grapes (quartered), Milk	Mini Pasta Shells with Pesto & Parmesan, Mixed Vegetables (soft-cooked), Banana (sliced), Milk	Beef Meatballs, Buttered Noodles with Parmesan, Peas (soft-cooked), Blueberries (halved for toddlers), Milk	Whole-Grain Cheese or Pepperoni Pizza, Cucumbers (thinly sliced or diced), Strawberries (sliced), Milk
	PM Snacks	Goldfish Crackers, Drinkable Yogurt	Pretzels, Cheese Cubes (½-inch pieces)	Animal Crackers, Blueberries (whole or halved)	Cheez-It Crackers, Strawberries (sliced)	Cheerios, Drinkable Yogurt



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		Monday	Tuesday	Wednesday	Thursday	Friday
Week: 2	Breakfast	Made-From-Scratch Waffles, Apples (peeled & thinly sliced), Milk	Cinnamon French Toast, Bananas (sliced), Milk	Banana & Cinnamon Pancakes (made-from-scratch), Strawberries (sliced), Milk	Bagel with Cream Cheese, Blueberries (halved for toddlers), Milk	Whole-Grain Cereal, Strawberries (sliced), Milk
	AM Snacks <small>Optional/served as needed</small>	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers
	Lunch	Pasta with Red Sauce & Ground Turkey, Steamed Carrots, Blueberries (halved for toddlers), Milk	Hawaiian Mini Rolls with Turkey & Cheese (cut small), Carrots (soft-cooked), Raspberries (halved), Milk	Macaroni & Cheese, Peas (soft-cooked), Strawberries (sliced), Milk	Cheese Quesadilla, Black Beans (soft-cooked), Cucumbers (thinly sliced), Apples (peeled & diced), Milk	Whole-Grain Cheese or Pepperoni Pizza, Corn (soft-cooked), Bananas (sliced), Milk
	PM Snacks	Graham Crackers, Grapes (quartered)	Goldfish Crackers, Melon (small cubes)	Pita Crackers, Hummus (¼ cup per child)	Cheez-Its, Carrots (steamed or soft-cooked)	Pretzels, Apple Slices (peeled & thin)



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Week: 3	Breakfast	Cheerios, Fresh Blueberries (whole or halved for toddlers), Milk	Waffles, Strawberries (sliced), Milk	Pancakes, Sausage (bite-size), Raspberries (halved for younger children), Milk	Cinnamon French Toast, Strawberries (sliced), Grapes (quartered), Milk	Bagel with Cream Cheese, Banana (sliced), Milk
	AM Snacks <small>Optional/served as needed</small>	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers
	Lunch	Chicken Nuggets, Macaroni & Cheese, Cucumbers (thinly sliced), Apple Slices (peeled & cut small), Milk	Ham & Cheese Quesadilla, Steamed Carrots (soft-cooked), Grapes (quartered), Milk	Mini Pasta Shells with Pesto & Parmesan, Mixed Vegetables (soft-cooked), Banana (sliced), Milk	Beef Meatballs, Buttered Noodles with Parmesan, Peas (soft-cooked), Blueberries (halved for toddlers), Milk	Whole-Grain Cheese or Pepperoni Pizza, Cucumbers (thinly sliced or diced), Strawberries (sliced), Milk
	PM Snacks	Goldfish Crackers, Drinkable Yogurt	Pretzels, Cheese Cubes (½-inch pieces)	Animal Crackers, Blueberries (whole or halved)	Cheez-It Crackers, Strawberries (sliced)	Cheerios, Drinkable Yogurt



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		Monday	Tuesday	Wednesday	Thursday	Friday
Week: 4	Breakfast	Made-From-Scratch Waffles, Apples (peeled & thinly sliced), Milk	Cinnamon French Toast, Bananas (sliced), Milk	Banana & Cinnamon Pancakes (made-from-scratch), Strawberries (sliced), Milk	Bagel with Cream Cheese, Blueberries (halved for toddlers), Milk	Whole-Grain Cereal, Strawberries (sliced), Milk
	AM Snacks <small>Optional/served as needed</small>	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers	Fruit Cup or Crackers
	Lunch	Pasta with Red Sauce & Ground Turkey, Steamed Carrots, Blueberries (halved for toddlers), Milk	Hawaiian Mini Rolls with Turkey & Cheese (cut small), Carrots (soft-cooked), Raspberries (halved), Milk	Macaroni & Cheese, Peas (soft-cooked), Strawberries (sliced), Milk	Cheese Quesadilla, Black Beans (soft-cooked), Cucumbers (thinly sliced), Apples (peeled & diced), Milk	Whole-Grain Cheese or Pepperoni Pizza, Corn (soft-cooked), Bananas (sliced), Milk
	PM Snacks	Graham Crackers, Grapes (quartered)	Goldfish Crackers, Melon (small cubes)	Pita Crackers, Hummus (¼ cup per child)	Cheez-Its, Carrots (steamed or soft-cooked)	Pretzels, Apple Slices (peeled & thin)