



School-Age Daily Menu



<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>
4 Breakfast Rice Krispies Sliced Peaches Unflavored Skim Milk	5 Breakfast Whole Grain Kix Cereal Mixed Fruit Unflavored Skim Milk	6 Breakfast Whole Grain Cheerios Applesauce Unflavored Skim Milk	7 Breakfast Corn Flakes Diced Pears Unflavored Skim Milk
<u>Snack</u> Whole Grain Corn Muffins Fresh Apples Water	Snack Whole Grain Goldfish Crackers Applesauce Water	Snack Whole Wheat Graham Crackers Pears Water	Snack Whole Grain Soft Pretzel Rods **2 Per Child** Cheese Dip Water
11 Breakfast Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk	12 Breakfast Whole Grain Corn Chex Banana Unflavored Skim Milk	13 Breakfast Whole Grain Kix Cereal Peaches Unflavored Skim Milk	14 Breakfast Rice Krispies Cereal Orange Wedges Unflavored Skim Milk
Snack Whole Wheat Animal Crackers Mandarin Oranges Water	Snack Fresh Carrot Sticks Dipped Soy Butter Water	Snack Whole Grain Blueberry Mini Loaves Bananas Water	Snack Whole Grain Goldfish Crackers Applesauce Water
	4 Breakfast Rice Krispies Sliced Peaches Unflavored Skim Milk Snack Whole Grain Corn Muffins Fresh Apples Water 11 Breakfast Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Wheat Animal Crackers Mandarin Oranges	4 Breakfast Rice Krispies Sliced Peaches Unflavored Skim Milk Snack Whole Grain Corn Muffins Fresh Apples Water 11 Breakfast Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Wheat Animal Crackers Mandarin Oranges Mark Snack Fresh Carrot Sticks Dipped Soy Butter Water	4 Breakfast Rice Krispies Sliced Peaches Unflavored Skim Milk Snack Whole Grain Corn Muffins Fresh Apples Water 11 Breakfast Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Grain Waffles w/Syrup Applesauce Unflavored Skim Milk Snack Whole Wheat Animal Crackers Mandarin Oranges 5 Breakfast Whole Grain Kix Cereal Mixed Fruit Unflavored Skim Milk Snack Whole Grain Goldfish Crackers Applesauce Water Water 6 Breakfast Whole Grain Cheerios Applesauce Unflavored Skim Milk Snack Whole Wheat Animal Crackers Mandarin Oranges





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<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
18 Breakfast Whole Grain Cheerios Diced Pears Unflavored Skim Milk	19 Breakfast 100% Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk	20 Breakfast Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk	21 Breakfast 100% Whole Wheat Bread 100% Orange Juice Unflavored Skim Milk
Snack Yogurt Whole Grain Maple Bites Water	Snack Whole Grain Animal Crackers Cheese Sticks Water	Snack WG Ritz Crackers Fresh Oranges Water	Snack Whole Grain Goldfish Crackers Applesauce Water
25 Breakfast	26 Breakfast	27 Breakfast	28 Breakfast
100% Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk	Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk	Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk	Whole Grain Waffle w/Syrup Peaches Unflavored Skim Milk
Snack Whole Grain Animal Crackers Cheese Sticks Water	Snack Whole Grain Ritz Crackers Fresh Oranges Water	Snack Whole Grain Blueberry Lemon Crisp Sliced Peaches Water	Snack Whole Grain Cheese It Crackers Mandarin Oranges Water
	Whole Grain Cheerios Diced Pears Unflavored Skim Milk Snack Yogurt Whole Grain Maple Bites Water Breakfast 100% Whole Wheat Bagel w/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk Snack Whole Grain Animal Crackers Cheese Sticks	18 Breakfast Whole Grain Cheerios Diced Pears Unflavored Skim Milk Snack Yogurt Whole Grain Maple Bites Water 25 Breakfast 100% Whole Wheat Bagel Whole Grain Animal Crackers Cheese Sticks Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk 26 Breakfast Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk Snack Whole Grain Animal Crackers Cheese Sticks Whole Grain Ritz Crackers Fresh Oranges	18 Breakfast 19 Breakfast 100% Whole Wheat Bagel W/Cream Cheese 100% Pineapple Juice Unflavored Skim Milk Unflavored Skim Milk Snack Whole Grain Animal Crackers 100% Whole Grain Life Cereal Mixed Fruit Unflavored Skim Milk Unflavored Skim Milk Snack Whole Grain Animal Crackers Cheese Sticks Water Water Erench Toast Sticks Applesauce Unflavored Skim Milk Snack Whole Grain French Toast Sticks Applesauce Unflavored Skim Milk Snack Whole Grain Ritz Crackers Fresh Oranges Snack Whole Grain Ritz Crackers Fresh Oranges Sliced Peaches Sinced Peaches Sliced Peaches Sinced Peac