# BREAKFAST

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| 1 Whole Grain Breakfast Burrito<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Breakfast Sandwich<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Muffin<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Mini Pancakes<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Cereal Bowl<br>4 oz Fruit Juice<br>8 oz Milk |
| **6** | **7** | **8** | **9** | **10** |
| 1 Whole Grain Breakfast Burrito<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Breakfast Sandwich<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Muffin<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Mini Waffles<br>4 oz Fruit Juice<br>8 oz Milk | 1 Whole Grain Cereal Bowl<br>4 oz Fruit Juice<br>8 oz Milk |

WG = WHOLE GRAIN

# LUNCH

| 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|
| 1 WG Uncrustable,<br>1 String Cheese<br>2 oz Juice,<br>1 (½c) Pineapple,<br>1 WG Cookie<br>8 oz Milk | 1 WG Grilled Cheese<br>1 (½c) Juice Box,<br>1 (½c) Applesauce,<br>1 WG Goldfish<br>8 oz Milk | 1 WG Big Daddy's Sandwich<br>1 (½c) Juice Box,<br>1 (½c) Applesauce,<br>1 WG Rice Krispie<br>8 oz Milk | 1 WG Uncrustable,<br>1 String Cheese<br>2 oz Juice,<br>1 (½c) Mandarins<br>8 oz Milk | 2 WG Bosco Sticks<br>1 (½c) Juice Box,<br>1 (½c) Marinara,<br>1 Jonny Pop<br>8 oz Milk |
| **6** | **7** | **8** | **9** | **10** |
| 1 WG Uncrustable,<br>1 String Cheese<br>2 oz Juice,<br>1 (½c) Applesauce,<br>1 WG Goldfish<br>8 oz Milk | 1 WG Grilled Cheese<br>1 (½c) Juice Box,<br>1 (½c) Mandarins<br>8 oz Milk | 1 WG Big Daddy's Sandwich<br>1 (½c) Applesauce,<br>1 Craisins,<br>1 WG Doritos<br>8 oz Milk | 1 WG Uncrustable,<br>2 Go-Gurts<br>1 Craisins,<br>1 (½c) Pineapple<br>8 oz Milk | 2 WG Bosco Sticks<br>1 (½c) Juice Box,<br>1 (½c) Marinara,<br>1 WG Rice Krispie<br>8 oz Milk |