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| --- | --- | --- | --- | --- | --- |
|  | Monday | Tuesday | Wednesday | Thursday | Friday |
|  | Food Item | Amount | Food Item | Amount | Food Item | Amount | Food Item | Amount | Food Item | Amount |
| **Breakfast** 7 AMFruit or Juice | Diced Strawberries | ¼ C | Peeled Orange slices | ¼ C | Sliced Kiwi | ¼ C | Peeled Grape Fruit Slices | ¼ C | Diced Cantaloupe | ¼ C |
| Grain | Cream of Wheat | 2 T | Bagels | ¼ bagel | Whole Grain Toast | ¼ Slice | Whole grain French Toast Sticks | 2 Sticks | Oatmeal | 2 T |
| Milk | Milk | 1/2 C | Milk | ½ C | Milk | ½ C | Milk | ½ C | Milk | ½ C |
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| **A.M. Snack** 10 AM#1 ComponentFruit / Fruit Juice | Vitamin C Fortified Apple Sauce | 1/2 C | Orange Juice | 3 Crackers | Apricots | ¼ C | Crushed pineapple | ¼ C | Apple juice w/ Vit. C | ½ C |
| #2 Component Grain | Whole Grain Crackers | 2 crackers | Animal Crackers | 2 sq | Tortilla  | ¼ tortilla  | Cheerios | 2 T  | Wheat Thins (whole grain) | 2 sq |
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| **Lunch** 12PMProtein | Salisbury Steak | 2 T (1 oz) | Fish Fillet  | 2 T (1 oz) | Breaded chicken breast tender | 1 chicken tender | Ground beef patty | 1/2 patty | Diced BBQ meatballs | 1 oz (2 meatballs) |
| Vegetable / Fruit | Mashed potatoes | 2 T | Mixed Fruit | 2 T | Blueberries | 2 T | Nectarine | 2 T | Banana slices | 2 T |
| Vegetable / Fruit | Cooked Carrots | 2 T | Diced Cucumbers | 2 T | Cooked Spinach | 2 T | Sweet Corn | 2 T | Green Beans | 2 T |
| Grain | Wheat roll | 1/2 roll | Whole grain rice | 2 T | Croissant  | ¼ wedge | Hamburger bun | ½ bun | White roll | ½ roll |
| Milk or Formula | Milk | ½ c | Milk | ½ c | Milk | ½ c | Milk  | ½ c | Milk  | ½ c |
|  |  |  |  |  |  |  |  |  |  |  |
| **PM Snack** 3PM#1 ComponentGrain | Soft Pretzel | ½ pretzel | Graham Crackers  | 2 crackers | Club Crackers | 2 crackers | Raisin Bread | ½ slice | Cheez-It Crackers | 4 sq |
| #2 componentMilk or Formula | Milk | ½ C | Milk | ½ C | Milk | ½ c | Milk | ½ c | Milk | ½ c |
|  |  |  |  |  |  |  |  |  |  |  |
| **Dinner**  5PMProtein | Turkey Slice(Turkey Sandwich) | 1 oz | Chopped chicken breast | 1 oz | Tuna salad | 1/3 c | Vienna Sausage | 1 oz | Roast beef slice | 1 oz |
| Vegetable / fruit | Sliced grapes | 2 T | Mandarin oranges | 2 T | Diced pears | 2 T | Tropical mixed fruit | 2 T | Diced apple | 2 T |
| Vegetable / fruit | Tomato slice | 2 T  | Chopped lettuce | 2 T | Steamed broccoli spears | 2 T | Salad mix | ¼ c | Tater tots | 2 T |
| Grain | Wheat slice | ½ Slice | Tortilla | ½ tortilla | Saltine crackers | 4 sq | Whole grain Wheat crackers | 4 sq | Hawaiian roll | 1 roll |
| Milk | Milk | ½ c | Milk | ½ c | Milk  | ½ c | Milk | ½ c | Milk  | ½ c |