



Over the Rainbow

Week 3

DATE:					
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Fruit-Vegetable	Peaches	Bananas	Mixed Fruit	Oranges	Pears
Grain-Bread	Rice Krispies	French Toast Sticks	Chex	Pancakes	Kixx
Age Appropriate Sub.					
LUNCH	Macaroni & Cheese with Diced Ham	Meat Ball Sub	Turkey Tacos	Grilled Chicken Sandwich	Pizza
Meat-Meat Alternate	Diced Ham	Meat Balls	Ground Turkey	Chicken Breast	Cheese
	Cheese Sauce				
Grain-Bread	Pasta	Roll	Flour Tortilla	Roll	Pizza dough
Fruit-Vegetable [1]	Broccoli	Sweet Potato Tator Tots	Peas, Salsa	Corn	Salad
Fruit-Vegetable [2]	Oranges	Pears	Apple Slices	Peaches	Melon
Milk	Milk	Milk, Shredded Cheese	Milk, Shredded Cheese, Sour Cream	Milk	Milk, Shredded Cheese
Age Appropriate Sub.					
PM SNACK					
Milk	Vanilla Yogurt	Milk	Milk	Milk	Milk
Meat-Meat Alternate					
Fruit-Vegetable				Peach Muffin	
	Pine-Apple				
Grain-Bread		Pretzels	Gold Fish	Muffin Mix	Graham Crackers

Water is available to children throughout the day and at all meals and snacks. If no beverage is specified, the beverage offered will be water. Children (age 12-24 month) are served unflavored whole milk. After 24 months, all children are served 1% unflavored milk.