

Hernando Head Start-Mid Florida Early Learning Education CT
2016-2017

Service Dates

8/15-19 9/19-23 10/24-28
1/28-12-2 1/16-20 2/20-24
4/3-7 5/8/12

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Milk 6 oz	Milk	Milk	Milk	Milk
Meat/Meat Alternate 1oz		Hard Boiled Egg (1)	Sausage Patty (1 oz)			
Vegetable/Fruit/Juice : 1/2 c		Pineapple Tidbits	Applesauce	Fresh Orange Slices	Cranberry Juice Blend	Banana
Grains/Breads 1/2 slice/serving, 1/2 c Dry Cereal, 1/4c cooked cereal		Whole Wheat French Toast <i>Syrup</i>	Biscuit; Kix Cereal	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Bran Flakes Cereal; Banana Muffin	Whole Grain Sandwich Round <i>Butter or Marg. & Jelly</i>
LUNCH		Milk 6 oz	Milk	Milk	Milk	Milk
Meat/Meat Alternate 1 1/2 oz		Sliced Baked Ham (2 oz)	*Lasagna (with Ground Turkey or Beef)	Pot Roast w/ Mashed Potatoes w/Gravy	*Breaded Fish <i>Ketchup</i>	*Tacos (Turkey, Chicken, or Beef) <i>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</i>
Vegetable 1/4 c;		Green Beans	Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>	Peas & Carrots	Broccoli	Mexican Corn
Fruit or Vegetable 1/4 c		Sweet Potatoes	Fruit Salad	Peaches	Fresh Apple Slices	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
Grains/Breads 1/2 slice/serving, 1/4 c		Whole Wheat Roll <i>Butter or Marg.</i>	Italian Bread	Whole Wheat Roll <i>Butter or Marg.</i>	Cornbread	Soft Whole Grain Tortilla
SNACK		Milk 1/2 c	Milk		Milk	
Meat/Meat Alternate 1/2 oz		String Cheese	Tuna Salad	Peanut Butter 1 Tbsp	Cottage Cheese	Yogurt 4 oz cup
Vegetable 1/2 c				Celery Sticks (1/2 cup)		
Fruit/Juice 1/2 c					Pears	Fruit Cocktail
Grains/Breads 1/2 slice/serving, 1/2 c Dry Cereal, 1/4c cooked cereal		Cracker Rounds	Whole Grain Pita Bread			

Hernando Head Start-Mid Florida Early Learning Education CT
2016-2017

Service Dates
8/22-26 9/26-30 10/31-114
12/5-9 1/23-27 2/27-3-3
4/10-14 5/15-19

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz			Cheese Slice (½ oz)		
	Vegetable/Fruit/Juice : ½ c	Cinnamon Apples	Mandarin Oranges	Blended 100% Juice	Fresh Orange Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Wheat Bagel <i>Butter or Marg.</i>	Cheerios Cereal (½ cup)	Whole Wheat English Muffin <i>Butter or Marg. & Jelly</i>	Oatmeal 1/4 c	Berry Berry Kix Cereal (1/3 cup)
LUNCH	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1 ½ oz	Black Eyed Peas (¾ c)	*Chicken Nuggets <i>Barbecue Sauce</i>	*Ravioli	Cheeseburger <i>Mustard, Mayo, Ketchup</i>	Sliced Ham & Cheese <i>Mayo, Mustard, Lettuce, Tomato, & Pickle</i>
	Vegetable/Fruit/Juice : ¼ c;	Broccoli	Mashed Potatoes	Spinach	Baked Sweet Potato Fries	Mixed Vegetables
	Vegetable/Fruit/ Juice : 1/4 c	Tropical Mixed Fruit	Peas & Carrots	Fruit Cocktail	Green Beans	Pears
SNACK	Grains/Breads ½ slice/serving, ½ c	*Macaroni & Cheese	Whole Grain Roll	Garlic Bread (1 slice)	Whole Wheat Bun	Whole Grain Sandwich Bread
	Milk 1/2c	Milk		Milk	Milk	
	Meat/Meat Alternate ½ oz			Peanut Butter 1 Tbsp		Cottage Cheese
	Vegetable ½ c					
	Fruit/Juice ½ c		Applesauce		Banana	Pineapple
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Cornbread Muffin	Whole Grain Muffin	Whole Wheat Bread <i>Jelly</i>		

Hernando Head Start-Mid Florida Early Learning Education CT
2016-2017

Service Dates
8/29-9/2 11/7-11
10/3-7 1/30-2/3
12/12-16 3/6-10
4/17-21

Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz					Cheese 1oz
	Vegetable/Fruit/Juice : ½ c	Mandarin Oranges	Fruit Cocktail	Cantaloupe Cubes	Banana	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Muffin; Crispy Rice Cereal 1/3c	Whole Grain English Muffin <i>Peanut Butter & Jelly</i>	Life Cereal (1/3 cup)	Whole Grain Waffle <i>Syrup</i>	Cheese Grits 1/4 c
LUNCH	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1½ oz	*Sloppy Joe	Barbecue Chicken	Turkey (2 oz) and Cheese Sandwich <i>Mayo & Mustard</i>	*Spaghetti & Meat Sauce (with Ground Turkey or Beef)	*Fish Sticks
	Vegetable/Fruit/Juice : ¼ c;	Mixed Vegetables	Italian Green Beans	Bell Pepper Strips	Spinach Salad with Chickpeas <i>Lowfat French Dressing</i>	Coleslaw
	Fruit or Vegetable ¼ c	Peaches	Pears	Pineapple	Applesauce	Tropical Mixed Fruit
SNACK	Grains/Breads ½ slice/serving, ½ c	Whole Grain Bun	Rice	Whole Wheat Bread	Italian Bread; (Spaghetti Noodles)	Whole Grain Roll
	Milk 6 oz		Milk			
	Meat/Meat Alternate 1½ oz			Yogurt 4 oz cup	Bean Dip	
	Vegetable ½ c					Fresh Broccoli and Cauliflower Florets Cheese Sauce
	Fruit/Juice ½ c	Orange Juice		Fresh Apple Slices		
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Triangle Crackers	Frosted Mini-Wheats Cereal		Soft Whole Wheat Tortilla	Cheese Crackers

Hernando Head Start-Mid Florida Early Learning Education CT
2016-2017

Service Dates
9/5-9 10/10-14 11/14-18
1/2-6 2/6-10 3/20-24
4/24-28

Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz					Ham (½ oz) & Cheese (½ oz)
	Vegetable/Fruit/Juice : ½ c	Grape Juice	Pears	Fresh Orange Wedges	Apple Slices	Mandarin Oranges
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Wheat Chex Cereal: Whole Grain Raisin Bread (plain, no icing) <i>Butter or Marg.</i>	Blueberry Muffin	Whole Wheat French Toast <i>Syrup</i>	Whole Grain Bagel <i>Peanut Butter & Jelly</i>	Biscuit
	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
LUNCH	Meat/Meat Alternate 1 ½ oz	Roast Pork(pulled)	Chicken Patty Rice w/Gravy	*Beef and Bean (Burrito)	*Chicken and (Vegetable Stir Fry)	Hamburger Patty with Cheese, Lettuce, Tomato, Pickles <i>Mustard & Ketchup</i>
	Vegetable ¼ c;	Steamed Carrots	Broccoli	Spinach Salad (Spinach, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>	Vegetables (Stir Fry)	Baked Beans
	Fruit or Vegetable ¼ c	Lima Beans	Pineapple Tidbits	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Peaches	Fruit Salad
	Grains/Breads ½ slice/serving, ½ c	Biscuit	Whole Wheat Roll <i>Butter or Marg.</i>	Burrito (Soft Tortilla)	Brown Rice	Whole Grain Bun
	Milk 1/2 c				Milk	Milk
SNACK	Meat/Meat Alternate ½ oz		Cheese Slice	Hard Boiled Egg	Bean Dip	Turkey (sliced)
	Vegetable ½ c				Green/Red Pepper Strips	
	Fruit/Juice ½ c	Applesauce		Apricots		Fruit Cocktail
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Fish Shaped Crackers	Soft Whole Wheat Tortilla			

Hernando Head Start-Mid Florida Early Learning Education CT
2016-2017

Service Dates
9/12-16 10/17-21 11/21-25
1/9-13 2/13-17 3/27-31
5/1-5

Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz					
	Vegetable/Fruit/Juice : ½ c	Grape Juice	Applesauce	Peaches	Cantaloupe Cubes	Banana
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Life Original Cereal (1/3c); Banana Bread	Cinnamon Toast (1 slice; whole wheat bread)	English Muffin <i>Peanut Butter & Jelly</i>	Whole Wheat Bread <i>Butter or Marg. & Jelly</i>	Whole Grain Waffles <i>Syrup</i>
LUNCH	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1 ½ oz	Turkey Roast <i>Gravy</i>	Black Eyed Peas (¾ c)	BBQ Ribs Sweet Potato Fries	Tuna Salad Sandwich <i>Mayo & Pickles</i>	*Pizza
	Vegetable ¼ c;	Mixed Vegetables	Broccoli	Corn of Cob	Winter Squash (Acorn or Butternut)	Corn
	Fruit or Vegetable ¼ c	Mashed Potatoes	Pineapple Tidbits	Fruit Cocktail	Green Peas	Spinach Salad (Spinach, Tomato, Cucumber) <i>Lowfat French Dressing</i>
	Grains/Breads ½ slice/serving, ½ c	Whole Wheat Roll <i>Butter or Marg.</i>	Macaroni & Cheese; Roll	Cornbread Muffin	Sandwich Bread	Whole Grain Pizza Crust
SNACK	Milk 1/2c	Milk				
	Meat/Meat Alternate ½ oz	Peanut Butter 1 Tbsp	Cheese Slice		Yogurt <i>4 oz cup</i>	
	Vegetable ½ c			Carrot, Pineapple Salad		
	Fruit/Juice ½ c		Peaches		Pears	Fresh Orange Slices
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Wheat Bagel	Whole Grain Pita Bread	Whole Grain Square Crackers		Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>

Spring Hill Head Start
2016-2017

Service Dates

8/15-19 9/19-23 10/24-28
1/28-12-2 1/16-20 2/20-24
4/3-7 5/8/12

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz					
	Vegetable/Fruit/Juice : ½ c	Pineapple Tidbits	Applesauce	Fresh Orange Slices	Cranberry Juice Blend	Banana
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Sandwich Round <i>Butter or Marg. & Jelly</i>	Kix Cereal(1/3c)	Cinnamon Raisin Bagel <i>Cream Cheese</i>	Bran Flakes Cereal; Banana Muffin	Blueberry Muffin
	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
LUNCH	Meat/Meat Alternate 1 ½ oz	Sliced Baked Ham (2 oz)	*Lasagna (with Ground Turkey or Beef)	Pot Roast w/ Mashed Potatoes w/Gravy	*Breaded Fish <i>Ketchup</i>	*Tacos (Turkey, Chicken, or Beef) <i>Shredded Cheese, Shredded Lettuce, Diced Tomato, and Mild Salsa</i>
	Vegetable ¼ c;	Green Beans	Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>	Peas & Carrots	Broccoli	Mexican Corn
	Fruit or Vegetable ¼ c	Sweet Potatoes	Fruit Salad	Peaches	Fresh Apple Slices	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads ½ slice/serving, ¼ c	Whole Wheat Roll <i>Butter or Marg.</i>	Italian Bread	Whole Wheat Roll <i>Butter or Marg.</i>	Cornbread	Soft Whole Grain Tortilla
	Milk ½ c	Milk			Milk	
SNACK	Meat/Meat Alternate ½ oz	String Cheese	Tuna Salad	Peanut Butter 1 Tbsp	Cottage Cheese	Yogurt 4 oz cup
	Vegetable ½ c			Celery Sticks (½ cup)		
	Fruit/Juice ½ c				Pears	Fruit Cocktail
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Cracker Rounds	Whole Grain Pita Bread			

Spring Hill Head Start
2016-2017

Service Dates

8/22-26 9/26-30 10/31-114
12/5-9 1/23-27 2/27-3-3
4/10-14 5/15-19

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz			Cheese Slice (½ oz)		
	Vegetable/Fruit/Juice : ½ c	Cinnamon Apples	Mandarin Oranges	Blended 100% Juice	Fresh Orange Wedges	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Cheerios Cereal (1/3 cup)	Whole Grain English Muffin <i>Butter or Marg. & Jelly</i>	Rice Crispy Cereal 1/3c	Berry Berry Kix Cereal (1/3 cup)
LUNCH	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1 ½ oz	Black Eyed Peas (¾ c)	*Chicken Nuggets <i>Barbecue Sauce</i>	*Ravioli	Cheeseburger <i>Mustard, Mayo, Ketchup</i>	Sliced Ham & Cheese <i>Mayo, Mustard, Lettuce, Tomato, & Pickle</i>
	Vegetable/Fruit/Juice : 1/4 c	Broccoli	Mashed Potatoes	Spinach	Baked Sweet Potato Fries	Mixed Vegetables
	Vegetable/Fruit/ Juice : 1/4 c	Tropical Mixed Fruit	Peas & Carrots	Fruit Cocktail	Green Beans	Pears
SNACK	Grains/Breads ½ slice/serving, ½ c	*Macaroni & Cheese	Whole Grain Roll	Garlic Bread (1 slice)	Whole Wheat Bun	Whole Grain Sandwich Bread
	Milk 1/2c	Milk		Milk	Milk	
	*Veget Alternate 1 ½ oz			Peanut Butter 1 Tbsp		Cottage Cheese
	Vegetable ½ c					
	Fruit/Juice ½ c		Applesauce		Banana	Pineapple
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Cornbread Muffin	Whole Grain Muffin	Whole Wheat Bread <i>Jelly</i>		

Spring Hill Head Start
2016-2017

Service Dates
8/29-9/2 11/7-11
10/3-7 12/12-16 1/30-2/3 3/6-10
4/17-21

Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz					Cheese Slice (1 oz)
	Vegetable/Fruit/Juice : ½ c	Mandarin Oranges	Fruit Cocktail	Cantaloupe Cubes	Banana	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Muffin; Crispy Rice Cereal (1/3c)	Whole Grain English Muffin <i>Peanut Butter & Jelly</i>	Life Cereal (1/3 cup)	Blueberry Muffin	Whole Wheat Bread (1 slice)
LUNCH	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1 ½ oz	*Sloppy Joe	Barbecue Chicken	Turkey (2 oz) and Cheese Sandwich <i>Mayo & Mustard</i>	*Spaghetti & Meat Sauce (with Ground Turkey or Beef)	*Fish Sticks
	Vegetable/Fruit/Juice : 1/4 c	Mixed Vegetables	Italian Green Beans	Bell Pepper Strips	Spinach Salad with Chickpeas <i>Lowfat French Dressing</i>	Coleslaw
	Fruit or Vegetable ¼ c	Peaches	Pears	Pineapple	Applesauce	Tropical Mixed Fruit
SNACK	Grains/Breads ½ slice/serving, ½ c	Whole Grain Bun	Rice	Whole Wheat Bread	Italian Bread; (Spaghetti Noodles)	Whole Grain Roll
	Milk 1/2c		Milk			
	Meat/Meat Alternate ½ oz			Yogurt 4 oz cup	Bean Dip	
	Vegetable ½ c					Fresh Broccoli and Cauliflower Florets Cheese Sauce
	Fruit/Juice ½ c	Orange Juice		Fresh Apple Slices		
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Triangle Crackers	Frosted Mini-Wheats Cereal (1/3C)		Soft Whole Wheat Tortilla	Cheese Crackers

Spring Hill Head Start
2016-2017

Service Dates
9/5-9 10/10-14 11/14-18
1/2-6 2/6-10 3/20-24
4/24-28

Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz					
	Vegetable/Fruit/Juice : ½ c	Grape Juice	Pears	Fresh Orange Wedges	Apple Slices	Mandarin Oranges
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Wheat Chex Cereal: Whole Grain Raisin Bread (plain, no icing) <i>Butter or Marg.</i>	Blueberry Muffin	<i>Cinnamon Toast (1 slice; whole wheat bread)</i>	Whole Grain Bagel <i>Peanut Butter & Jelly</i>	Cereal (1/3c)
LUNCH						
LUNCH	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1 ½ oz	Roast Pork(pulled)	Chicken Patty Rice w/Gravy	*Beef and Bean (Burrito)	*Chicken and (Vegetable Stir Fry)	Hamburger Patty with Cheese, Lettuce, Tomato, Pickles <i>Mustard & Ketchup</i>
	Vegetable ¼ c;	Steamed Carrots	Broccoli	Spinach Salad (Spinach, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i>	Vegetables (Stir Fry)	Baked Beans
	Fruit or Vegetable ¼ c	Lima Beans	Pineapple Tidbits	Seasonal Fresh Fruit (cantaloupe, honeydew, strawberries, or watermelon)	Peaches	Fruit Salad
	Grains/Breads ½ slice/serving, ½ c	Biscuit	Whole Wheat Roll <i>Butter or Marg.</i>	Burrito (Soft Tortilla)	Brown Rice	Whole Grain Bun
SNACK						
SNACK	Milk 1/2c				Milk	Milk
	Soft Drink 1/2c		Cheese Slice	Hard Boiled Egg	Bean Dip	Turkey (sliced)
	Vegetable ½ c				Green/Red Pepper Strips	
	Fruit/Juice ½ c	Applesauce		Apricots		Fruit Cocktail
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Grain Fish Shaped Crackers	Soft Whole Wheat Tortilla			

Spring Hill Head Start
2016-2017

Service Dates
9/12-16 10/17-21 11/21-25
1/9-13 2/13-17 3/27-31
5/1-5

Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1oz					
	Vegetable/Fruit/Juice : ½ c	Grape Juice	Applesauce	Peaches	Cantaloupe Cubes	Banana
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Life Cereal (1/3c); Banana Bread	Cinnamon Toast (1 slice; whole wheat bread)	English Muffin <i>Peanut Butter & Jelly</i>	Whole Wheat Bread <i>Butter or Marg. & Jelly</i>	<i>Blueberry Muffin</i>
LUNCH	Milk 6 oz	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 1½ oz	Turkey Roast <i>Gravy</i>	Black Eyed Peas (at least ¾ c)	BBQ Ribs Sweet Potato Fries	Tuna Salad Sandwich <i>Mayo & Pickles</i>	*Pizza
	Vegetable ¼ c;	Mixed Vegetables	Broccoli	Corn of Cob	Winter Squash (Acorn or Butternut)	Corn
	Fruit or Vegetable ¼ c	Mashed Potatoes	Pineapple Tidbits	Fruit Cocktail	Green Peas	Spinach Salad (Spinach, Tomato, Cucumber) <i>Lowfat French Dressing</i>
	Grains/Breads ½ slice/serving, ½ c	Whole Wheat Roll <i>Butter or Marg.</i>	Macaroni & Cheese; Roll	Cornbread Muffin	Sandwich Bread	Whole Grain Pizza Crust
SNACK	Milk 1/2c	Milk				
	Meat/Meat Alternate ½ oz	Peanut Butter 1 Tbsp	Cheese Slice		Yogurt 4 oz cup	
	Vegetable ½ c			Carrot, Pineapple Salad		
	Fruit/Juice ½ c		Peaches		Pears	Fresh Orange Slices
	Grains/Breads ½ slice/serving, ½ c Dry Cereal, 1/4c cooked cereal	Whole Wheat Bagel	Whole Grain Pita Bread	Whole Grain Square Crackers		Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>