











Week ONE		 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Breakfast	Grains ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent	WGN Oatmeal	Cheerios - 2/3 cup	Granola	Breakfast Burrito WGN Tortilla	WGN Bagel - 1/2 oz or equivalent
	Meat or Meat Alternative ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent					
	Fruit or Vegetable ages 1-2: serving size 1/4 cup ages 3-5: serving size 1/2 cup					
	Milk ages 1-2: serving size 4oz ages 3-5: serving size 6oz					
Lunch	Grains ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent	Baked Chicken WGN Bread - 1/2 serving Chicken- 1.5oz	Curried Chicken Wraps WGN Tortilla -1/2 serving Chicken - 1.5oz	Stroganoff WGN Pasta- 1/2 serving Ground Turkey - 1.5oz	Chicken Ratatouille WGN Bread - 1/2 serving Chicken - 1.5oz	Bean & Cheese Burrito WGN Tortilla -1/2 serving Pinot Beans - 1.5oz
	Meat or Meat Alternative ages 1-2: serving size 1oz or equivalent ages 3-5: serving size 1.5oz or equivalent					
	Fruit ages 1-2: serving size 1/8 cup ages 3-5: serving size 1/4 cup					
	Vegetable ages 1-2: serving size 1/8 cup ages 3-5: serving size 1/4 cup					
Snack (2 of 5)	Milk ages 1-2: serving size 4oz ages 3-5: serving size 6oz	Mixed Veggies (corn, peas, carrots)	**Cucumbers	Peas	Zucchini, Eggplant, & Tomato	Bell Peppers
Snack (2 of 5)	Grains ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent	Crackers	Sliced Oranges	Graham Crackers - 1/2 serving / 1 sheet	Yogurt - 2oz	Gold Fish 1/2 serving/ 28 fish
	Meat or Meat Alternative ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent					
	Fruit ages 1-2: serving size 1/2 cup ages 3-5: serving size 1/2 cup					
	Vegetable ages 1-2: serving size 1/2 cup ages 3-5: serving size 1/2 cup					
Snack (2 of 5)	Milk ages 1-2: serving size 4oz ages 3-5: serving size 4oz	Sliced Cheese	Milk	Milk	**Peaches	Fruit Cocktail
Week TWO		 Monday	 Tuesday	 Wednesday	 Thursday	 Friday
Breakfast	Grains ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent	Pancakes - one 4 inch pancake	Kix Cereal - 2/3 cup	WGN English Muffin -1/2 serving	Scrambled Eggs WGN Bread (toast) - 1/2 serving Eggs - 1/2 egg	Rice Chex -2/3 Cup
	Meat or Meat Alternative ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent					
	Fruit or Vegetable ages 1-2: serving size 1/4 cup ages 3-5: serving size 1/2 cup					
	Milk ages 1-2: serving size 4oz ages 3-5: serving size 6oz					
Lunch	Grains ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent	Chicken Penne Pasta WGN Pasta- 1/2 serving Chicken - .84oz Cheese - .8 oz	Seed Butter & Jelly Sandwich WGN Bread - 1/2 serving Seed Butter - .75oz Cheese Stick - .75oz	Chicken Stir-fry Brown Rice -1/4c Brown Rice -Ground Chicken 1.5oz	Pizza WGN English Muffing - 1/2 serving Cheese - 1oz Canadian Bacon- .5oz	Baked Chicken WGN Bread - 1/2 serving Chicken - 1.5oz
	Meat or Meat Alternative ages 1-2: serving size 1oz or equivalent ages 3-5: serving size 1.5oz or equivalent					
	Fruit ages 1-2: serving size 1/8 cup ages 3-5: serving size 1/4 cup					
	Vegetable ages 1-2: serving size 1/8 cup ages 3-5: serving size 1/4 cup					
Snack (2 of 5)	Milk ages 1-2: serving size 4oz ages 3-5: serving size 6oz	Broccoli	Corn	Shredded Carrots, Frozen Broccoli, & Peppers	Salad (double the serving size)	Mashed Yams
Snack (2 of 5)	Grains ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent	Cottage Cheese -1 oz	Graham Crackers - 1/2 serving / 1 sheet	WGN Ritz Crackers - 5 crackers	Peaches	Oranges
	Meat or Meat Alternative ages 1-2: serving size 1/2oz or equivalent ages 3-5: serving size 1/2oz or equivalent					
	Fruit ages 1-2: serving size 1/2 cup ages 3-5: serving size 1/2 cup					
	Vegetable ages 1-2: serving size 1/2 cup ages 3-5: serving size 1/2 cup					
Snack (2 of 5)	Milk ages 1-2: serving size 4oz ages 3-5: serving size 4oz	Fruit Cocktail	Sliced Apples	Milk	Milk	Milk