

Menu for Week of January 1st	MEAL	January 1st				January 2nd				January 3rd				January 4th				January 5th			
		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
		FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs
	BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD																				
	LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER																				
	P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE																				

Menu for Week of January 8th	MEAL	January 8th				January 9th				January 10th				January 11th				January 12th			
		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
		FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs
	BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD																				
	LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER																				
	P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE																				

Menu for Week of January 15th	MEAL	January 15th				January 16th				January 17th				January 18th				January 19th			
		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
		FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs
	BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD																				
	LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER																				
	P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE																				

Menu for Week of January 22nd	MEAL	January 22nd				January 23rd				January 24th				January 25th				January 26th			
		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
		FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs
	BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD																				
	LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER																				
	P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE																				

Menu for Week of January 29th	MEAL	January 29th				January 30th				January 31st				February 1st				February 2nd			
		MONDAY				TUESDAY				WEDNESDAY				THURSDAY				FRIDAY			
		FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs	FOOD ITEM	1-2 yrs	3-5yrs	6+yrs
	BREAKFAST: MILK, FLUID JUICE, FRUIT, VEGETABLE GRAIN/ BREAD																				
	LUNCH: MILK, FLUID MEAT/MEAT ALTERNATE 1st FRUIT/VEG 2nd FRUIT/VEG GRAIN/BREAD OTHER																				
	P.M. SNACK: CHOOSE 2 MILK, FLUID MEAT/MEAT ALTERNATE GRAIN/BREAD JUICE/FRUIT VEGETABLE																				