

Week of May 2, 2016

Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Mickey Mouse pancakes +Low fat sausage patty Sliced apples +2% milk	#Whole grain Cheerios *Fresh banana +2% milk	Scrambled egg English muffin +Low salt butter *Fresh blueberries +2% Milk	#Whole grain Chex *Fresh banana slices +2% Milk	Buttermilk waffles +Low sugar peaches +2% milk
Lunch	Lunch	Lunch	Lunch	Lunch
Grilled cheese Tomato soup Bread +Low salt butter +2% Milk	#Whole grain pizza bagel Celery sticks and ranch Applesauce +2% Milk	Grilled chicken Mashed potatoes +Lo-salt Green beans +2% Milk	Macaroni and cheese Peas *Cantaloupe slices +2% Milk	#Whole wheat bread +ham slice +Slice of low salt cheese *Fresh apple +2% Milk
Snack	Snack	Snack	Snack	Snack
*Sliced grapes +100% Juice - No Sugar Added	Teddy Grahams +2% Milk	Make your own Trail mix +100% Juice - No Sugar Added	*Fresh watermelon +100% Juice - No Sugar Added	Goldfish crackers +100% Juice - No Sugar Added

Whole Grain, * Fresh Fruit and Vegetable, +Lower Salt (Sodium), Fat, Sugar