<table>
<thead>
<tr>
<th></th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Week 1</strong></td>
<td>4oz WGR cereal</td>
<td>1/2 oz String Cheese</td>
<td>4oz WGR cereal</td>
<td>1/2 slice Cinnamon Toast on WGR bread</td>
<td>4oz WGR cereal</td>
</tr>
<tr>
<td></td>
<td>5md. Bananas</td>
<td>4oz Apple Slices</td>
<td>4oz Orange Wedges</td>
<td>4 oz pear slices</td>
<td>4oz Peaches</td>
</tr>
<tr>
<td></td>
<td>6oz 2% Milk</td>
<td>4oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
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</tr>
<tr>
<td><strong>Lunch</strong></td>
<td>Bean and Cheese Burritos</td>
<td>Turkey and Cheese Sandwich</td>
<td>Noodle Casserole</td>
<td>Peruvian Rice</td>
<td>Chicken Empanadas</td>
</tr>
<tr>
<td></td>
<td>1 oz refried beans &amp; 1/2 oz cheese on 1/2 tortillas</td>
<td>1 oz cheese &amp; 1/2 oz Turkey on 1 slice WGR bread</td>
<td>1/12 oz Tuna w/ 2 oz egg noodles</td>
<td>1/12 oz ground turkey w/ 2 oz white rice</td>
<td>1/12 oz chicken on 1 oz pastry bread</td>
</tr>
<tr>
<td></td>
<td>2oz Mixed Vegetables</td>
<td>2oz Orange Wedges</td>
<td>2oz Peas</td>
<td>2oz Apple</td>
<td>2oz Corn</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2oz Cucumbers</td>
<td>2oz Pear slices</td>
<td>2oz Green beans</td>
<td>2oz Applesauce</td>
</tr>
<tr>
<td></td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
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<td>6oz 1% Milk</td>
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</tr>
<tr>
<td><strong>PM Snack</strong></td>
<td>4oz Peaches</td>
<td>6oz 2% Milk</td>
<td>1/2 oz Cheese cubes</td>
<td>1/2 oz Chicken Bologna Slice</td>
<td>1/4 Bagel slice</td>
</tr>
<tr>
<td></td>
<td>1 Graham Cracker</td>
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<tr>
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<td>6oz 2% Milk</td>
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<tr>
<td><strong>Week 2</strong></td>
<td>4oz WGR cereal</td>
<td>1/4 WGR bagel</td>
<td>4oz WGR cereal</td>
<td>1 Pancake</td>
<td>4oz WGR cereal</td>
</tr>
<tr>
<td></td>
<td>5md. Bananas</td>
<td>4oz Apple Slices</td>
<td>4oz 1% Milk</td>
<td>4oz Cranberry Pineapple</td>
<td>4oz Orange Wedge</td>
</tr>
<tr>
<td></td>
<td>6oz 2% Milk</td>
<td>5md. Banana</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
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<td></td>
<td></td>
<td>6oz 1% Milk</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>1 Hard boiled egg</td>
<td>Grilled Cheese sandwich on WGR bread</td>
<td>BBQ Chicken Breast</td>
<td>Turkey StringsOff</td>
<td>3 oz Homestyle chili beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/12 oz cheese on 1 slice WGR bread</td>
<td>1/12 oz chicken on 1/2 hotdog bun</td>
<td>1/12 oz ground turkey w/ 2 oz egg noodles</td>
<td>2 oz Peas &amp; Carrots</td>
</tr>
<tr>
<td></td>
<td>2oz Cucumbers</td>
<td>2oz celery and carrot sticks</td>
<td>2oz Celery Stew</td>
<td>2oz Apple Slices</td>
<td>2oz Peas</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2oz 1% Milk</td>
<td>2oz Potato Salad</td>
<td>2oz Mixed Vegetables</td>
<td>2oz Carrie w/ 2 oz rice</td>
</tr>
<tr>
<td></td>
<td>4 Crackers</td>
<td>4oz 1% Milk</td>
<td>1 Copper Muffin</td>
<td>1 Cornbread Muffin</td>
<td>2oz orange wedges</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6oz 1% Milk</td>
<td></td>
<td></td>
<td></td>
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<td></td>
<td>6oz 1% Milk</td>
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</tr>
<tr>
<td><strong>PM Snack</strong></td>
<td>4oz Applesauce</td>
<td>8 Animal Crackers</td>
<td>1 rice cake</td>
<td>2oz Yogurt</td>
<td>1/2 oz String Cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 md. Bananas</td>
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<td></td>
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</tr>
<tr>
<td><strong>Week 3</strong></td>
<td>4oz WGR cereal</td>
<td>1/2 Waffle</td>
<td>4oz WGR cereal</td>
<td>1/4 Whole Wheat Bagel</td>
<td>4oz WGR cereal</td>
</tr>
<tr>
<td></td>
<td>4oz Apple Slices</td>
<td>1 md. Banana</td>
<td>4oz Orange Wedges</td>
<td>4oz Peaches</td>
<td>4oz Apples</td>
</tr>
<tr>
<td></td>
<td>6oz 2% Milk</td>
<td>4oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
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<td>6oz 2% Milk</td>
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<td>6oz 1% Milk</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>3oz BBQ Beans</td>
<td>Turkey Toss</td>
<td>Dill Chicken Sandwich</td>
<td>1/2 oz Scrambled Eggs</td>
<td>Meat &amp; Cheese Muffin</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>1/2 oz ground turkey on 1/2 tortillas</td>
<td>1/2 oz chicken on 1 slice WGR bread</td>
<td>2 oz Brown Rice</td>
</tr>
<tr>
<td></td>
<td>4 Crackers</td>
<td></td>
<td>2oz Chicken Bologna Slice with 1 oz cheese</td>
<td>1/2 oz Chicken Bologna Slice w/ 2 oz cheese</td>
<td>on 1/2 English muffin</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1 1/2 oz ground turkey w/ 2 oz egg noodles</td>
<td>2 oz Green Beans</td>
<td>2 oz orange wedges</td>
<td>2 oz Mixed Vegetables</td>
</tr>
<tr>
<td></td>
<td>2oz Peas</td>
<td>2oz Corn</td>
<td>2oz Fresh Peas</td>
<td>2 oz mixed vegetables</td>
<td>2 oz Pepper Hot Sauce</td>
</tr>
<tr>
<td></td>
<td>2oz Fruit Cocktail</td>
<td>2oz 1% Milk</td>
<td>2oz Green Beans</td>
<td>1/2 oz Mixed Vegetables</td>
<td>2 oz Pesto</td>
</tr>
<tr>
<td></td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
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<tr>
<td></td>
<td>4 Crackers</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
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<td>6oz 1% Milk</td>
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</tr>
<tr>
<td><strong>PM Snack</strong></td>
<td>8 Animal Crackers</td>
<td>1 oz Pita Bread</td>
<td>1/2 oz Chicken Bologna Slice</td>
<td>1 oz Pita Bread</td>
<td>1/2 Hard Boiled Egg</td>
</tr>
<tr>
<td></td>
<td>1 md. Banana</td>
<td>1/2 oz Tortilla Smiley</td>
<td>1/2 oz WGR Crackers</td>
<td>1/2 oz WGR Crackers</td>
<td>4 oz Carrot sticks</td>
</tr>
<tr>
<td><strong>Week 4</strong></td>
<td>4oz WGR cereal</td>
<td>2oz Oatmeal</td>
<td>4oz WGR cereal</td>
<td>2 oz peanut butter</td>
<td>4oz WGR cereal</td>
</tr>
<tr>
<td></td>
<td>5md. Bananas</td>
<td>4oz Tangerines</td>
<td>4oz Fruit Cocktail</td>
<td>4 oz apple slices</td>
<td>4 oz Fresh Peas</td>
</tr>
<tr>
<td></td>
<td>6oz 2% Milk</td>
<td>6oz 1% Milk</td>
<td>4oz 1% Milk</td>
<td>6 oz 1% Milk</td>
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<td>6oz 1% Milk</td>
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<td>6 oz 1% Milk</td>
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<tr>
<td><strong>Lunch</strong></td>
<td>Egg Salad Sandwich</td>
<td>Tuna Pattie (D-10)</td>
<td>Black Bean Burrito</td>
<td>Sluggly Zues</td>
<td>Chicken and Rice casseroles</td>
</tr>
<tr>
<td></td>
<td>1/2 oz Egg salad on 1 slice WGR bread</td>
<td>1/2 oz tuna w/2 oz bread crunches</td>
<td>1/2 oz black beans on 1/2 slice tortillas</td>
<td>1/2 oz ground turkey on 1/2 bun</td>
<td>1/2 oz chicken w/ 2 oz rice</td>
</tr>
<tr>
<td></td>
<td>2oz Zucchini rounds</td>
<td>2oz Corn</td>
<td>2oz Turkey Hot Sauce</td>
<td>2 oz Turkey Hot Sauce</td>
<td>2 oz Pineapple</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2oz Cooked Carrots</td>
<td>2oz Mixed Vegetables</td>
<td>2 oz Broccoli Salad</td>
<td>2 oz Pineapple</td>
</tr>
<tr>
<td></td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6oz 1% Milk</td>
<td>6 oz mixed vegetables</td>
<td>6 oz 1% Milk</td>
</tr>
<tr>
<td></td>
<td>6oz 1% Milk</td>
<td>6 oz 1% Milk</td>
<td></td>
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</tr>
<tr>
<td><strong>PM Snack</strong></td>
<td>4oz Apple Slices</td>
<td></td>
<td>1/2 oz WGR cheese</td>
<td>1/4 Bagel slice</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 oz Graham Cracker</td>
<td>4oz 1% Milk</td>
<td>4oz Apple Slices</td>
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</tr>
</tbody>
</table>

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
fax: 202-690-7442; or
email: program.intake@usda.gov

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