Cold Menu

	Day 1	Day 2	Day 3	Day 4	Day 5
Lunch	Turkey Ham & Cheese Sub sandwich (meat & grain) 2oz meat, 1 grain serving Mixed Fruit Cup (veg/fruit) ½ c Celery (fruit/veg) ¼ c 2% Milk (milk) 1 c	Turkey Salami on Wheat Bread (meat & grain) 2oz meat, 1 grain serving Banana (fruit/veg) ½ c Raisins (fruit/veg) ¼ c 1% Milk (milk) 1 c	Crackers (grain) 1 serving Pepperoni (1/2 meat) 1oz Cheese Stick (1/2 meat) 1oz Grapes (fruit/veg) ½ c Broccoli (fruit/veg) ¼ c 2 % Milk 1 c	Turkey Bologna & Cheese Sub sandwich (meat & grain) 2oz meat, 1 grain serving Apple (veg/fruit) ½ c Celery (fruit/veg) ¼ c 2% Milk (milk) 1 c	Turkey & Chz Tortilla Wrap (meat/chz) 2oz, 1 grain serving, Apple (fruit/veg) ½ c Broccoli (fruit/veg) ½ c 1% Milk 1c
	Day 6	**Day 7**	**Day 8**	**Day 9**	**Day 10**
Lunch	Turkey Salami on Wheat Bread (meat & grain) 2oz meat, 1 grain serving Fresh Cantaloupe ½ c Celery ¼ c 1% Milk 1 c	Turkey, CheeseTortilla Wrap (meat & grain) (2oz meat, 1 grain serving) Fresh Salad (fruit/veg) ½ c Fresh Bananas ¼ c 2% Milk 1 c	Turkey Ham & Cheese on Wheat (Meat & grain) 2oz meat, 1 grain serving Orange (fruit/veg) ½ c Fresh Salad (fruit/veg) ¼ c 2% Milk (milk) 1 c	Crackers (grain) 1 serving Pepperoni (1/2 meat) 1oz Cheese Stick (1/2 meat) 1oz Grapes (fruit/veg) ½ c Broccoli (fruit/veg) ¼ c 2 % Milk 1 c	Turkey Bologna & Cheese Sub sandwich (meat & grain) 2oz meat, 1 grain serving Apple (veg/fruit) ½ c Celery (fruit/veg) ¼ c 2% Milk (milk) 1 c

	Day 1	Day 2	Day 3	Day 4	Day 5
Breakfast	Honey Nut Cheerios ¾ cup or 1oz 1 Whole Banana Milk 1cup	Blueberry Pop Tart 100% Fruit Juice ¾ cup Milk 1cup	Cinnamon Roll 1oz 1 Whole Apple Milk 1cup	Frosted Flakes ¾ cup or 1oz 1 Whole Orange Milk 1cup	Muffin 1oz 100% Fruit Juice ¾ cup Milk 1cup
	Day 6	**Day 7**	**Day 8**	**Day 9**	**Day 10**
Breakfast	Frosted Mini Wheats ¾ cup or 1oz 1 Whole Banana Milk 1cup	Strawberry Pop Tart 100% Fruit Juice ¾ cup Milk 1cup	Cinnamon Roll 1oz 1 Whole Apple Milk 1cup	Fruity Cheerios ¾ cup or 1oz 1 Whole Orange Milk 1cup	Banana Muffin 1oz 100% Fruit Juice ¾ cup Milk 1cup

	Day 1	Day 2	Day 3	Day 4	Day 5
Snack	Chex Mix 1.5oz Fruit Juice 6.75 oz.	Mini Oatmeal Cookies 3 ct. Fresh Fruit 1 whole fruit	Trix Cereal Bar 1.4 oz . Fruit Juice 6.75 oz.	Graham Crackers 3 ct. Yogurt 4 oz.	Mini Pretzels 1 oz. Fruit Juice 6.75 oz.
	Day 6	**Day 7**	**Day 8**	**Day 9**	**Day 10**
Snack	Animal Crackers 1.1 oz. Fruit Juice 6.75 oz.	Cheese it Crackers 1 oz. Fresh Fruit 1 whole fruit	Strawberry Cereal Bar 1.3oz Fruit Juice 6.75 oz.	Cheese Stick 1 oz. Saltine Crackers 4 ct.	Goldfish Crackers 1 oz. Fruit Juice 6.75 oz.