

**WEEK 1**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST - BREAD (iron)**

**Avocado and mago**  
1 oz.

**Whole Grain Biscuit and Turkey Sausage Gravy**  
1 oz.

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1 oz.

**Scrambled Eggs**  
2 oz.

**Turkey Sausage Patty**  
1 each

**Scrambled Eggs**  
1 oz.

**Cantaloupe**  
4 oz.

**Fresh Grapes**  
4 oz.

**Kiwi**  
4 oz.

**Beyond Sausage Patty**

**Biscuit and Gravy**  
4 oz.

**Milk 1%, 8floz**

**Milk 1%, 8floz**

**Milk 1%, 8floz**

**Macaroni and Cheese**  
4 oz.

**Turkey TOT-Chos** 6oz

**Veggie Pizza On Whole Grain Crust**  
1 each

**Meatballs** 3oz

**Whole Wheat Roll**  
1 each

**Steamed Broccoli**  
4 oz.

**Garden Salad**  
4 ounce  
**Ranch Dressing**  
1 oz.

**Fresh Broccoli**  
4 oz.

**Fresh Watermelon**  
4 ounce

**Fresh Honeydew**  
4 ounce  
**Low Fat Cottage Cheese**  
2 oz.

**Apple Slices (Applesauce for Toddlers)**  
4 oz

2 1/2 oz

**Beyond Burger with cheese**  
1 each  
**Fat Free Cottage Cheese**  
2 oz.  
**Mayo**  
1 oz.

**Mac and Cheese** 4oz  
**Imposible Meatballs** 3oz

**TOT-Chos** 6oz (sub turkey for 4oz black beans)

**Milk 1%, 8floz**

**Milk 1%, 8floz**

**Milk 1%, 8floz**

**Milk 1%, 8floz**

**Milk 1%, 8floz**

**WEEK ONE SNACK**

**WEEK 2**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

BREAKFAST -

A large empty rectangular area divided into three horizontal bands: light gray at the top, light blue in the middle, and light green at the bottom. This area is intended for notes or a schedule.

**WEEK 3**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST -  
BREAD (iron)**

**Whole Grain Biscuit and  
Turkey Sausage Gravy**  
4 oz.

**Scambled Eggs**  
2 Ounce  
**American Cheese Slice**  
1 each

**Hash Browns**  
2 ounce  
**Scambled Eggs**  
2 Ounce  
**Whole Wheat bagel**  
1 Each

**Egg Patty and English  
Muffin Sandwich Style**  
1 each

**Apple Butter with Whole  
Grain Biscuit**  
1 each

**Croissant** 1 each

**WEEK 4**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST -  
BREAD (iron)**

**Apple Overnight Oats** 3oz

**Turkey Sausage, Egg and  
Cheese Burrito on Wheat  
Tortilla**  
4 oz

**Scambled Eggs with Cheese**  
4 oz.

**Whole Grain Cherrios**  
4 oz.

**French Whole Grain Toast**  
1 slice

**Hash Browns**  
3 oz.

**English Muffin** 1 each

**Fat Free Vanilla Yogurt**  
2 oz.

**Pancake Syrup**  
1 ounce  
**Turkey Sausage Links**  
1 each

**FRUIT/VEGETABLE**

**Fresh Blueberries**  
4 oz.

**Cubed Cantalope** ET/TT4 1 TfEAD (iron) Hp7 rg4062 11#13002