

BALANCED MENU IDEAS

Week One

First Break	<ul style="list-style-type: none"> two blueberry pancakes pineapple chunks milk/soy 	<ul style="list-style-type: none"> hot chocolate bread and jam banana 	<ul style="list-style-type: none"> one slice raisin bread and cheese juice 	<ul style="list-style-type: none"> one slice banana bread raisins cheese slice 	<ul style="list-style-type: none"> dry cereal with dried cranberries yogurt
Second Break	<ul style="list-style-type: none"> macaroni and cheese pepper and dip juice 	<ul style="list-style-type: none"> chicken noodle soup salad pudding water 	<ul style="list-style-type: none"> baked beans with shredded cheese whole wheat bread carrots and dip water 	<ul style="list-style-type: none"> chicken wrap celery dip applesauce chocolate milk/soy 	<ul style="list-style-type: none"> cheese tortilla with salsa dip animal crackers grapes water

Week Two

First Break	<ul style="list-style-type: none"> ½ cheese sandwich yogurt applesauce 	<ul style="list-style-type: none"> mini pita with grated cheese apple water 	<ul style="list-style-type: none"> dry cereal peach yogurt 	<ul style="list-style-type: none"> ½ chicken sandwich banana milk/soy 	<ul style="list-style-type: none"> muffin banana milk/soy
Second Break	<ul style="list-style-type: none"> ½ cheese sandwich broccoli and dip oatmeal cookies fruit juice 	<ul style="list-style-type: none"> tuna wrap cauliflower and dip peach chocolate milk/soy 	<ul style="list-style-type: none"> hummus pita triangles cucumbers tomato wedges milk/soy 	<ul style="list-style-type: none"> ½ chick sandwich Crackers Yogurt grapes 	<ul style="list-style-type: none"> chicken fingers and plum sauce bread sticks cucumbers

Week Three

First Break	<ul style="list-style-type: none"> ½ bagel with cheese orange juice 	<ul style="list-style-type: none"> muffin cheese cubes pear milk/soy 	<ul style="list-style-type: none"> ½ ham sandwich Applesauce water 	<ul style="list-style-type: none"> whole grain crackers cheese cubes kiwi water 	<ul style="list-style-type: none"> tomato soup whole grain crackers kiwi pieces
Second Break	<ul style="list-style-type: none"> ½ bagel with cheese red peppers and dip fruit cup 	<ul style="list-style-type: none"> ham slices whole grain crackers rice krispie square juice 	<ul style="list-style-type: none"> ½ ham sandwich carrot sticks and dip fig bar milk 	<ul style="list-style-type: none"> veggie soup slice whole wheat bread pudding peach 	<ul style="list-style-type: none"> muffin celery and dip orange sections milk/soy

Week Four

First Break	<ul style="list-style-type: none"> 4 crackers and cream cheese plum 	<ul style="list-style-type: none"> ½ English muffin with ham and cheese clementine 	<ul style="list-style-type: none"> raisin bread and butter yogurt orange juice 	<ul style="list-style-type: none"> dry cereal raisins milk/soy 	<ul style="list-style-type: none"> pumpkin loaf yogurt tube apple juice
Second Break	<ul style="list-style-type: none"> ½ roast beef sandwich carrots and dip plum milk/soy 	<ul style="list-style-type: none"> slice veggie pizza cucumbers and dip fruit cup chocolate milk/soy 	<ul style="list-style-type: none"> chili whole wheat roll pear milk/soy 	<ul style="list-style-type: none"> two mini pitas with egg salad carrots and dip milk pudding water 	<ul style="list-style-type: none"> macaroni and cheese peppers and dip grapes water