

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Strawberries with oatmeal Milk	Blueberries in plain yogurt and whole wheat toast Water	Cereal with sliced banana Milk				
<b>AM Snack</b>	Carrot sticks with hummus Water	Crackers with cheese slices Water	Whole wheat toast with peanut butter Water				
<b>Lunch</b>	Tuna fish sandwich with avocado Milk	Whole wheat noodles with sauce and turkey meatballs Green peas Applesauce Milk	Ham and cheese sandwich with whole wheat bread Cooked spinach Milk				
<b>PM Snack</b>	Apple slices and cucumber slices Water	Banana slices spread with peanut butter Water	Applesauce and carrot sticks Water				
<b>Dinner</b>	Chicken tacos with lettuce, tomatoes, and cheese, with steamed broccoli Water	Sliced chicken sandwich with tomato soup Green salad Milk	Veggie Chili topped with cheese and plain yogurt Water				

### CAUTION

In the menu above, you will see carrot sticks and apple slices. These items can be a choking hazard for children under 4. For safety, carrot sticks should be steamed until soft. Apples should be peeled and sliced very thinly.