

MENU SUGGESTIONS FOR USE AT HOME

Reviewed by \_\_\_\_\_

Date \_\_\_\_\_

**Week One**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Orange Juice Whole Wheat Toast/Peanut Butter Malt O Meal Milk	Tomato Juice French Toast Milk	Orange Juice Scrambled Egg Toasted Rye Bread Milk	Apple Juice Whole Wheat Toast Cheese Slices Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Tuna Rice Casserole (p3)</b> Beets Cottage Cheese & Pineapple <b>Gorp (p2)</b> Milk	Baked Chicken Mashed Potatoes Broccoli w/Cheese Sauce Mixed Fruit/Cocktail or Banana <b>Whole Wheat Bread (p4)</b> Milk	<b>Zesty Potato Pizza (p23)</b> Lettuce Salad with Dressing Pears & Vanilla Pudding Whole Wheat Buns Milk	Vegetable Beef Soup Egg Salad Sandwich Carrot/Celery Sticks Orange Slices Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Tomato Juice Deviled Egg Crackers Milk	Apple Juice Cheese Slice Whole Wheat Toast Milk	Orange Juice Whole Wheat Toast with Peanut Butter	Orange Juice Toasted Rye Bread Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... dish up Malt O Meal (be careful so they don't get burned), mix up Gorp, spread peanut butter on toast.	Child can... dip bread in French toast mixture, peel bananas.	Child can... make toast (*be careful not to get burned) help make pizza.	Child can... prepare vegetables, (*remember knife safety) put carrots and celery sticks on plate.
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**Week Two**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Grape Juice <b>Breakfast Pizza (p43)</b> Whole Wheat Toast Milk	Orange Juice <b>Pancakes (p11)</b> Milk	1/2 Banana <b>Strawberry Almond Muffins (p27)</b> Milk	Applesauce <b>Peanut Butter Granola Bars (p23)</b> Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Cheeseburger Soup (p16)</b> Lettuce Salad Whole Wheat Crackers Chocolate Milk	<b>Pork Chops with Apples (p26)</b> Broccoli Whole Wheat Toast Milk	<b>Bat Wings (p24)</b> Baked Potatoes Peas Whole Wheat Buns Strawberry Milk	<b>Turkey Breast Scallopini (p21)</b> <b>Candy Corn (5)</b> <b>Herb Rice (p19)</b> Kiwi Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Smiling Bananas (p3)</b> Milk	<b>Pear Treats (p17)</b> Milk	<b>Graham Cracker Ice Cream Bars (p21)</b> Apple Juice	<b>Creamy Banana Shake (p16)</b> Crackers
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... choose food items to put on pizza. tear up lettuce. make smiling bananas.	Child can make pear treat.	Child can help stir... ice cream, peanut butter, and vanilla.	Child can help... measure, peel bananas, and count ice cubes.
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**Week Three**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Pineapple and Grapefruit Juice Poached Egg Whole Wheat Toast Milk	Orange Juice Oatmeal Whole Wheat Toast with Peanut Butter Milk	Cranberry Juice Pancakes Cheese Slice Milk	Orange Slices Sausage Links or Patties <b>Applesauce Oat Bran Muffin (p10)</b> Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	Spaghetti & Meatballs Mixed Vegetables Pears <b>Short Cut Peanut Butter Cookies (p11)</b> Garlic Bread Milk	<b>Apple Raisin Sauce for Baked Ham (p3)</b> Sweet Potatoes Banana Dinner Roll Milk	Chili Celery Stick Applesauce Breadstick Milk	Fish Sticks or Patties Tator Tots Green Beans Deviled Eggs Peaches Whole Wheat Bread Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Orange Juice Peanut Butter with Celery Crackers Milk	Orange Slices Sausage Links or Patties <b>Applesauce Oat Bran Muffin (p10)</b> Milk	Mix together Pineapple & Grapefruit Juice <b>Tuna Salad (p1)</b> Whole Wheat Bread Milk	Cranberry Juice Cheese Slices Whole Wheat Bread Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... make toast and dish up pears and spread peanut butter in celery.	Child can... pour juice, peel banana for salad.	Child can... serve applesauce.	Child can... break and peel an egg, place fish sticks on baking pan, count tator tots.
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**Week Four**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Orange Juice <b>Puffed Pancakes (p43)</b> Milk	Apple Juice Good Morning Muffins Cocoa (fluid milk)	Strawberry Slush Scrambled Eggs Toast Milk	<b>Three Bears Porridge (p1)</b> Raisins Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Homemade Stromboli (p26)</b> Green Beans Whole Wheat Bread Orange Slices Milk	<b>Zesty Potato Pizza (p23)</b> Lettuce Applesauce Whole Wheat Buns Milk	<b>Unstuffed Cabbage (p6)</b> Whole Wheat Bread <b>Fruit Kabobs (p17)</b> Milk	<b>Green Pepper Casserole (p8)</b> <b>Mouse in a House (p20)</b> Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>After School Apple Cake (p22)</b> Milk	<b>Peanut Butter and Jelly Surprise Muffins (p44)</b> Milk	<b>Crazy Cheese Straws (p25)</b> Strawberry Juice	<b>Rice Krispie/ Marshmallow Bar (p45)</b> Chocolate Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... help make bread dough and roll it out. help prepare apples, measure and make the cake.	Child can... measure and fill muffin tins. tear lettuce. measure and mix muffins.	Child can... learn blender safety. help make Fruit Kabobs and Cheese Straws.	Child can help... make Mouse in the House. measure and stir Rice Krispie Bars.
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**Week Five**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Orange Juice Cooked Rice and Raisins Cheese Slice on Whole Wheat Toast Milk	Pineapple Juice Scrambled Egg Cinnamon Roll Milk	Orange Juice Cornmeal Peanut Butter on Toast Milk	Tomato Juice Egg, Ham and Cheese on English Muffin Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	Turkey & Cranberries <b>Baked Sweet Potatoes (p10)</b> Green Beans Applesauce Roll Milk	Grilled Cheese Sandwich Homemade Tomato Soup Cabbage Salad Cherries Milk	Sliced Wieners Baked Beans Celery Stick Apricots Whole Wheat Bread Milk	Liver Scalloped Potatoes Peas Carrots and Pineapple in Jell-O Whole Wheat Bread Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Pineapple Juice Boiled Egg Cinnamon Roll Milk	Orange Juice Peanut Butter on Whole Wheat Toast Milk	Tomato Juice English Muffin Milk	Cherry Juice Cheese Slice Crackers Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... pour milk and cranberries in serving bowl.	Child can... pour juice and dish up cherries.	Child can... pour juice and put celery on a plate.	Child can... pour milk and help prepare fruit jell-o.
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**Week Six**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	<b>Banana Bread (p24)</b> Peaches Milk	KIX Cereal 1/2 Banana Milk	<b>Monkey Bread (p20)</b> Pear Slices Milk	<b>Breakfast Burrito (p42)</b> Orange Slices Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Meatball Stew (p9)</b> French Bread & Garlic Butter Strawberries & Blueberries Cup Milk	<b>Beef Barley Soup (p7)</b> Whole Wheat Crackers Apple Slices Milk	<b>Hamburger Stronganoff (p22)</b> Carrots & Cekery Sticks with Dip Mandarin Oranges Milk	<b>Moo Goo Gai Pan (p1)</b> Rice Green Beans Pineapple Chunks Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Campfire Cinnamon Twists (p2)</b> Milk	<b>Orange Julius (p21)</b> Crackers	<b>Purple Cows (p22)</b> Toast	<b>Applesauce Cones (p45)</b> Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... prepare vegetables, twist bread and sprinkle with sugar.	Child can... pour cereal and slice banana, measure ingredients for Orange Julius.	Child can... pull biscuits apart for Monkey Bread, measure ingredients for Purple Cow.	Child can... make own Burrito, help add foods for Moo Goo Gai Pan.
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**Week Seven**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Grapefruit and Orange Juice mixed Boiled egg Whole Wheat Toast Milk	Orange Juice Sausage Banana Bread Milk	Pineapple & Orange Juice mixed Cream of Wheat Muffin Milk	Orange Juice Pancakes Poached Egg Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	Tacos (Hamburger, shells, lettuce, tomatoes, grated cheese and mild taco sauce) Mixed Vegetables <b>Space Food Sticks (p29)</b> Milk	Pork Roast with Rice Carrots Pickled Beets Roll Sherbet Milk	Potato Soup Chicken Salad Sandwich Celery with Peanut Butter Applesauce Milk	<b>Turkey &amp; Bulgur Loaf (p4)</b> (alternative for Meat Loaf) Boiled Potato with Parsley California Blend <b>Whole Wheat Bread (p4)</b> 1/2 Banana Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Apple Sauce Sausage Link or Patties Banana Bread Milk	Apple Juice Deviled Egg Cinnamon Roll Milk	Grapefruit & Orange Juice mixed Peanut Butter with Whole Wheat Toast Milk	Orange Juice Cheese Slice Muffin Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... break and peel egg, help make tacos and Space Food Sticks.	Child can... pour milk, put banana bread in the table.	Child can... measure Cream of Wheat, spread peanut butter in celery.	Child can... peel banana.
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**Week Eight**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Orange Juice Peanut Butter with Whole Wheat Toast Milk	Orange Juice Scrambled Egg Whole Wheat Toast Milk	Orange Juice Raisin Bran Muffin Milk	Melon Sections French Toast with Syrup Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	Baked Fish Creamed Potatoes Spinach Apple Baking Powder Biscuit Milk	Lasagna Lettuce with Dressing Peaches Dinner Roll Milk	Chicken Noodle Soup Tuna Sandwich <b>Carrot Salad (p28)</b> Gingerbread Milk	Swiss Steak Baked Potato Green Beans Sliced Pineapple <b>Whole Wheat Bread (p4)</b> Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Blended Juices Scrambled Egg Whole Wheat Toast Milk	Orange Juice Raisins Muffin & Cheese Slice Milk	Peach Juice Raisin Bread Toast Milk	Shape Sandwiches Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... make toast, put biscuits on baking sheet, wash apples.	Child can... pour milk, wash and break up lettuce.	Child can... put muffin on table, mix tuna salad.	Child can help... dip bread in French toast mixture, choose shapes for sandwiches.
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**Week Nine**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Orange Juice Oatmeal Raisin Toast Milk	1/2 Banana Sausage Link or Patties Whole Wheat Toast Milk	Grape Juice Cream of Wheat Peanut Butter with Whole Wheat Toast Milk	Orange Juice Poached Egg Cinnamon Roll Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	Hamburger - Tavern on Bun Oven Fried Potatoes Cucumber Salad Peaches Milk	<b>Chicken Chow Mein (p24)</b> Green Beans Orange Slices <b>Puddle Cake (p24)</b> Roll Milk	Ring Bologna Boiled Potatoes Corn Green Pepper Slices Apple Slices Whole Wheat Bread Milk	BBQ Ribs - Roast Beef Mashed Potatoes Mixed Vegetables Apricots Whole Wheat Toast Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Banana Sausage Link or Patties Whole Wheat Toast Milk	Grape Juice Peanut Butter with Whole Wheat Toast Milk	Orange Juice Hard Boiled Egg Cinnamon Roll Milk	Orange Juice Cheese Slice Raisin Toast Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... spoon oatmeal into bowls, set table, peel banana.	Child can... peel oranges, stir cake in pan.	Child can... pour juice, wash apples, peel egg.	Child can... pour milk, help mash potatoes, dish apricots.
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**Week Ten**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Orange Juice Pancake Milk	Grape Juice <b>Sunrise Mini Pizzas (p6)</b> Milk	Applesauce Cinnamon Graham Crackers Milk	Banana Slices <b>Pumpkin Chip Muffin (p5)</b> Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	Hot Cooked Rice <b>Summer Garden Chicken Saute (p13)</b> <b>Frozen Fruit Treat (p12)</b> <b>Whole Wheat Bread (p4)</b> Milk	Fish Fillets in Creamy Tomato Sauce Corn <b>Frozen Fruit Treat (p12)</b> Whole Wheat Buns Milk	<b>Pork &amp; Peppers Vinaigrette (p12)</b> Potatoes Raw Carrots <b>Adobe Bread (p19)</b> Milk	<b>Tyson Chicken Delight (p29)</b> Tortilla Chips Lettuce Salad Pears Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Tumbleweeds (p12)</b> Milk	Fresh Fruit Whole Wheat Crackers	<b>Humpty Dumpty Egg (p19)</b> Grape Juice	Cinnamon Toast Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... assist with Frozen Fruit Treats and Tumbleweeds.	Child can... assist with Frozen Fruit Treats and choose a fresh fruit.	Child can... help with Adobe Bread, make a Humpty Dumpty and learn the nursery rhyme.	Child can... tear up lettuce, sprinkle cinnamon and sugar on toast.
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**Week Eleven**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Orange Slices <b>Buried Treasure Oatmeal (p11)</b> Milk	Apple Juice <b>French Toast Fingers (p43)</b> Milk	Strawberry Slices Cold Cereal Toast Milk	Peach Slices <b>Apricot Nut Bread (p20)</b> Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	Salmon Patties <b>Vegetable Calzone (p27)</b> Plums <b>Whole Wheat Bread (p4)</b> Milk	<b>Sauteed Pork and Cheddar Wild Rice (p21)</b> Green Beans <b>Sun Salad (p45)</b> Milk	<b>Easy Pot Pie (p31)</b> <b>Fruit Kabobs (p17)</b> Milk	<b>Country Skillet Supper (p13)</b> <b>Easy Fruit Salad (p43)</b> Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Short Cut Peanut Butter Cookie (p11)</b> Milk	<b>Fruity Rice Cakes (p45)</b> Milk	<b>Yummy Yogurt Pie (p14)</b> Fresh Fruit	<b>Stegosaurus Sandwich (p46)</b> Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... measure ingredients for cookies and spoon dough on baking sheet.	Child can... arrange pineapple chunks to make sun rays around orange slices.	Child can help... wash and cut up fruit and "string" on straws.	Child can... mix peach pie filling with fruit cocktail and bananas.
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**Week Twelve**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Strawberries <b>Hot Worms (p46)</b> Cocoa (fluid milk)	Pears <b>Zucchini Muffins (p31)</b> Milk	1/2 Banana English Muffin Toasted with Peanut Butter Milk	Cherries Cold Cereal Toast Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Cheddar Stack Cakes with Spiced Fruit Sauce (p30)</b> Scrambled Eggs <b>Food Sheep (p14)</b> Milk	<b>Three Cheese Sausage and Potato Casserole (p18)</b> Frozen Applesauce (partially freeze sauce in cake pan) Whole Wheat Bun Milk	<b>Salsa Mac &amp; Beef (p13)</b> Tomatoes (cooked or raw) Whole Wheat Bread Grapes & Kiwi Fruit Cup Milk	<b>Baked Ham &amp; Apples (p5)</b> <b>Skillet Herb Bread (p28)</b> <b>Minty Peas and Onions (p13)</b> Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Tuna Salad (p1)</b> Whole Wheat Crackers	<b>Orange Julius (p21)</b> Whole Wheat Crackers	<b>Gumdrop Cookies (30)</b> Milk	<b>Melting Snowflakes (p17)</b> Grape Juice
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... wash cauliflower and then make sheep.	Child can... pour applesauce in cake pan, talk about freezing foods, teach blender safety for making Orange Julius	Child can help... wash fruit and slice, measure ingredients and drop dough on baking sheet.	Child can help... make snowflakes and sprinkling with cheese.
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**Week Thirteen**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Raisins <b>Bears Walking in Mud (p46)</b> Milk	1/2 Pear Cold Cereal Toast Milk	Brown Cows (chocolate milk & banana blend for 30 seconds) Toast	Cooks Vacation
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Pepperoni Pizza Soup (p28)</b> French Bread Pineapple & Cottage Cheese Milk	<b>Cheddar Cheese Soup (p25)</b> <b>Ants on a Log (p46)</b> Whole Wheat Bread Apple Slices Milk	<b>Cheesy Hashbrown &amp; Salsa (p18)</b> Whole Wheat Toast <b>Apple Salad (p47)</b> Milk	Cooks Vacation
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Critter Crunch (p17)</b> Milk	<b>Pretzel Pops (p47)</b> Juice	<b>Vegetable Stick People (p47)</b> Whole Wheat Crackers	Cooks Vacation
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... measure ingredients and stir.	Child can... spread peanut butter on celery, top with raisins, make cheese pretzel pops.	Child can help... wash fruit and make salad with parents.	Cooks Vacation
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**Week Fourteen**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Blueberries Cold Cereal (choice) Toast Milk	<b>Apple Toast (p47)</b> Milk	<b>Swedish Pancakes (p48)</b> <b>Strawberry Salsa (p48)</b> Milk	Apple Juice Malt-O-Meal Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Chicken Rice Casserole (p33)</b> Tossed Salad with <b>Dill Vinaigrette (p32)</b> Milk	<b>Orange-Topped Chops (p32)</b> <b>Roasted Red Potatoes (p32)</b> Anjou Pears Whole Wheat Buns Milk	<b>Walnut Chicken Skillet (p33)</b> <b>California Blend Vegetables</b> <b>Easy Fruit Salad (p43)</b> <b>Greek Bread (p35)</b> Milk	<b>Hearty Ham Casserole (p41)</b> <b>Broccoli Waldorf Salad (p39)</b> Whole Wheat Buns Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Fruit Kabobs (p17)</b> Crackers	Dry Cereal (choice) Grape Juice	Pretzels (soft bread) Cheese Cubes	1/2 Banana Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... measure spices, shake to mix vinaigrette.	Child can... scrub potatoes clean.	Child can... measure and pour ingredients into bread machine or mixer.	Child can help... pour and mix casserole and salad.
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**Week Fifteen**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Raisins Oatmeal Milk	Mandarin Oranges Cold Cereal Milk	Strawberries <b>Chocolate Waffles (p48)</b> Milk	Grapes <b>Cherrio Treats (p49)</b> Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Glazed Pork Chops (p12)</b> <b>Garlic Carrots (p25)</b> Fresh Fruits Salad (seasonal) <b>Creamy Italian Noodles (p35)</b> Milk	<b>Turkey Sloppy Joes (p16)</b> <b>Fried Potatoes (p34)</b> <b>Spiced Fruit Salad (p34)</b> Whole Wheat Hamburger Buns Milk	<b>Beefy Vegetable Stew (p36)</b> Applesauce Whole Wheat Crackers Milk	<b>Spicy Haddock (p34)</b> <b>Green Bean and Tomato Salad (p41)</b> Peaches Whole Wheat Bread Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Trail Mix (p44)</b> Grape Juice	Peanut Butter with Toast Toast Milk	Cheese Cubes Crackers	<b>Rainbow Toast (p49)</b> Apple Slices
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... wash and prepare Fresh Fruit Salad.	Child can help... make fruit salad.	Child can help... open and add vegetables to stew. Read "Stone Soup" with child.	Child can help... wash tomatoes and green beans for salad.
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**Week Sixteen**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	<b>Bacon-Tomato Bagel Melts (p50)</b> Milk	Orange Slices <b>Breakfast Pizza (p43)</b> Milk	Cold Cereal (choice) Banana Slices Milk	Apple Juice Cinnamon Raisin Toast Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Broccoli Ham Ring (p35)</b> Pineapple Chunks Milk	<b>Chicken Fried Rice (p32)</b> <b>Basil Cherry Tomatoes (p34)</b> Whole Wheat Bread Milk	<b>Baked Beef Stew (p36)</b> Plums Bread Sticks Milk	<b>Favorite Pot Roast (p37)</b> Apricots <b>Tomato Salad (p41)</b> French Bread with Garlic Butter Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	<b>Igloos (p49)</b> Whole Wheat Crackers	<b>Whole Wheat Bread (p4)</b> with Peanut Butter and Jelly Milk	<b>Party Pops (p49)</b> Crackers	<b>Ranch Pretzels (p48)</b> Chocolate Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can... roll dough and help place on pizza pan.	Child can... wash tomatoes and help measure and mix salad.	Child can... roll bread sticks, twist and arrange on baking sheet.	Child can... mix garlic and soft butter, spread on bread.
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**Week Seventeen**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	Pear Slices Cold Cereal (choice) Whole Wheat Toast Milk	Grape Juice English Muffin Peanut Butter Milk	Peach Slices <b>Applesauce Oat Bran Muffin (p10)</b> Milk	Apricots <b>Sausage Breakfast Sandwich (p50)</b> Milk
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Make-Ahead Meatballs (p14)</b> <b>Sweet Potato Salad (p38)</b> <b>Strawberry Rhubarb Gelatin (p36)</b> Whole Wheat Bread Milk	<b>Meatball Sandwiches (p38)</b> <b>Sesame Green Beans (p37)</b> <b>Crunchy Apple Salad (p8)</b> Sub Buns Milk	<b>Onion-Topped Chicken (p14)</b> <b>Last Minute Cranberry Relish (p2)</b> Whole Wheat Bread Milk	<b>Chili (p15)</b> Apple-Banana Fruit Cup <b>Peanut Butter Apple Dip (p39)</b> <b>Cauldron Bread Bowls (p15)</b> Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Oyster Crackers Orange Juice	<b>Peach Sherbet (p7)</b> Whole Wheat Crackers	Chex Mix Orange Juice	<b>Cinnamon Apple Fruit Stix (p50)</b> Milk
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... make gelatin.	Child can help... make apple salad.	Child can help... mix relish.	Child can help... shape dough into bowls, mix peanut butter dip.
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MENU SUGGESTIONS FOR USE AT HOME

Reviewed by \_\_\_\_\_

Date \_\_\_\_\_

**Week Eighteen**

**Breakfast**

Fruit or Vegetable or Juice Bread or Cereal Milk	1/2 Pear <b>Cling Ons (p50)</b> Milk	Grape Juice Cinnamon Toast Milk	Raspberries <b>Peanut Butter Pancakes (p51)</b> Milk	Orange Slices <b>Hot Worms (p46)</b> Cocoa (fluid milk)
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**Lunch**

Protein-Rich Food 2 or more Vegetables and/or Fruit Bread or alternative Milk	<b>Potato Sloppy Joe Bake (p37)</b> <b>Chunky Applesauce (p38)</b> Beets <b>Angel Rolls (p42)</b> Milk	<b>Country Style Casserole (p40)</b> Kiwi Whole Wheat Buns Milk	<b>Sweet-Sour Chicken Nuggets (p40)</b> Broccoli Hot Rice Mandarin Oranges Milk	<b>Chili Chicken (p40)</b> <b>Parmesan Zucchini Strips (p39)</b> Cherry Tomatoes Whole Wheat Toast Milk
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**Snack**

1 or more of these foods Protein Food Fruit or Vegetable Milk	Graham Crackers Milk	<b>Gone Fishin' (p51)</b> Grape Juice	<b>The Color Orange Beverage (p51)</b> <b>Bread Sticks (p51)</b>	Peaches Whole Wheat Crackers
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**Children can help...**

Children learn many things by helping to get the meal ready.	Child can help... wash and get apples ready for slow cooker.	Child can... wash, peel and slice kiwi.	Child can help... measure and mix pancake ingredients.	Child can... roll dough in dry cocoa mix and slice oranges.
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