

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal Strawberries Milk	Egg/Bean Burrito Milk	Whole Wheat Toast Peanut Butter Sliced Apples Milk	Vanilla Yogurt Blueberries Milk	Cereal Banana Milk

Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
Baked Chicken Diced Sweet Potatoes Plums Whole Wheat Dinner Roll Milk	Fiesta Mexican Lasagna* Green Salad Clementine's Milk	Pork Stir Fry Pineapple Brown Rice Milk	Roasted Fish Crispy Slaw* Wrap Steamed Broccoli Grapes Milk	Vegetable Chili Boat* Cheddar Cheese Kiwi Whole Grain Tortilla Chips Milk

*From *Recipes for Healthy Kids: Cookbook for Child Care Centers*: <http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

PM Snack

Monday	Tuesday	Wednesday	Thursday	Friday
Snap Peas, Carrots Hummus Water	Blueberry Muffin Watermelon	Cottage Cheese Peaches	Tomato Wedges Cheese Cubes	Hardboiled Egg Blackberries Water



Healthy Snack Ideas

1	Cucumber coins Whole grain crackers	2	Fruit parfait (yogurt & mixed fruit)	3	Bran muffin Milk
4	Mini sandwiches (cut into quarters) and Milk	5	Bread sticks Pizza sauce	6	Tuna salad on Whole grain bagel
7	Chex mix Yogurt	8	Pita Bread Hummus	9	Cottage cheese Blueberries
10	Whole grain tortilla topped with egg salad	11	Bran cereal Sliced strawberries	12	Carrot sticks Whole grain crackers
13	Mini pizzas (English muffin topped with tomato sauce, shredded cheese & any veggies)	14	Trail mix (mini pretzels, raisins, granola) Milk	15	Tortilla pinwheels (Spread on tortilla: cream cheese, shredded lettuce, grated carrots & diced red peppers)
16	Applesauce Whole wheat toast	17	Banana bread Cantaloupe	18	Tomato wedges Cheese slices
19	Melon balls Rice cakes	20	Hardboiled egg English muffin	21	Cheese quesadilla Salsa
22	Egg salad Pita bread	23	Tomato soup Crackers	24	Baked tortilla chips Guacamole/salsa
25	Snap peas, Baby carrots Hummus	26	Broccoli florets Whole grain crackers	27	Green/red peppers Whole wheat roll
28	String cheese Mandarin oranges	29	Raspberries Oatmeal	30	Yogurt Granola
31	Baked sweet potatoes or Apples (top with brown sugar, ground cinnamon & nutmeg, butter, & water – bake until soft) Milk	32	Scrambled egg roll-up (roll scrambled egg, shredded cheddar cheese and salsa into a tortilla)	33	Whole grain crackers Mixed berry salad (raspberries, strawberries, blueberries, and/or blackberries) tossed with orange juice
34	Nachos (baked tortilla chips with melted cheese) Salsa	35	Strawberry shortcake (1/2 buttermilk biscuit topped with strawberries and vanilla yogurt)	36	Fruit & cheese plate (cut up fresh fruit and cheese cubes or string cheese)
37	Bean salad (mix beans, salsa, and Greek yogurt) Pita bread	38	Kabobs (thread low-fat meat, cheese, pineapple and cherry tomatoes onto a stick) Milk	39	Edamame Turkey Roll-Ups (turkey slices rolled up and dipped in honey mustard - optional)
40	Mini bagels Homemade Popsicles (puree watermelon, mango strawberries, banana, etc. and freeze in popsicle molds)	41	Graham crackers Sweet Potato Fries (sweet potatoes sliced, tossed with olive oil, and baked at 400° for 10 minutes)	42	Cottage cheese Fresh fruit salad (mango, berries, pineapple, grapes, mandarin oranges)
43	Cauliflower spears Bread sticks	44	Cinnamon toast Grapes	45	Cheese cubes Cherry tomatoes
46	Blueberry muffins Clementine's (Cuties)	47	Raw veggies (cucumbers, peppers, jicama, carrots) Hummus	48	Red pepper cut into quarters and topped with Chicken salad
49	Apples Cubed Cheese	50	Yogurt Peaches	51	Egg salad Whole grain crackers