

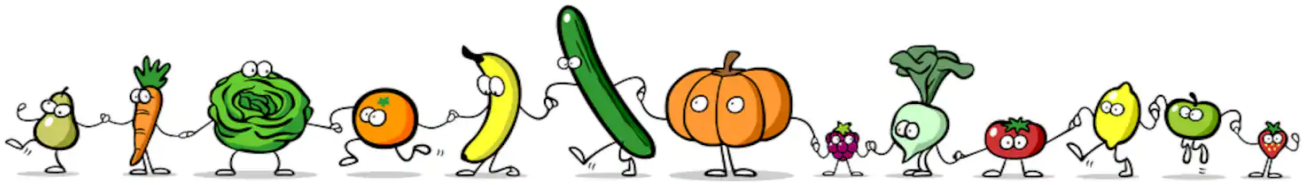


WEEK ONE

	Breakfast	Lunch	Afternoon Snack
Monday	Organic Whole/1% Milk or Lactaid Whole Grain Rich Cereal served with fresh organic blueberries	Organic Whole/1% Milk or Lactaid Salmon Noodle Casserole served with steamed organic peas & fresh pineapple	Pita slices served w/ spinach dip and fresh pear slices
Tuesday	Organic Whole/1% Milk or Lactaid WG Bagel w/veggie cream cheese served with apple slices	Organic Whole/1% Milk or Lactaid Cheese Quesadilla served w/black beans & yellow rice, steamed organic corn, & fresh blackberries	Bananas served with sun butter
Wednesday	Organic Whole/1% Milk or Lactaid Organic scramble eggs served w/ whole wheat toast, turkey bacon, & bananas	Organic Whole/1% Milk or Lactaid Baked chicken served with penne pasta in alfredo sauce, roasted broccoli florets, and fresh organic strawberries	Goldfish served w/Apple juice
Thursday	Organic Whole/1% Milk or Lactaid Hashbrown served w/fresh strawberries	Organic Whole/1% Milk or Lactaid Homemade Baked Mac and Cheese w/tofu served w/ Broccoli and Cauliflower	Whole Wheat Ritz Crackers with fresh pear slices
Friday	Organic Whole/1% Milk or Lactaid Whole Grain Pancakes with organic Maple Syrup & fresh apple slices	Organic Whole/1% Milk or Lactaid Homemade Cheese Pizza served w/ mixed vegetables, and fresh pineapple	Organic Pretzel Sticks served w/hummus and raisins

*Children under age 2 are offered unflavored whole milk

*Children over age 2 are offered unflavored 1% or fat free milk

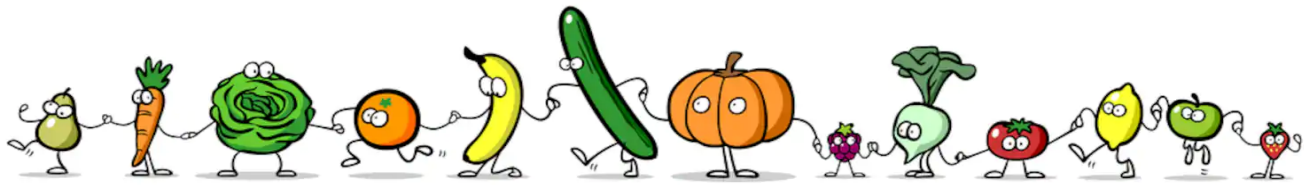


WEEK TWO

	Breakfast	Lunch	Afternoon Snack
Monday	Organic Whole/1% Milk or Lactaid Organic Greek Yogurt, Buttered Croissant & mixed fruit	Organic Whole/1% Milk or Lactaid Fresh chicken salad served on WG bread served with fresh baby carrots and pineapple chunks	Goldfish Crackers w/fresh pears
Tuesday	Organic Whole/1% Milk or Lactaid Organic Egg, Veggie, & Cheese Frittata served w/ buttered biscuit and fresh bananas	Organic Whole/1% Milk or Lactaid Organic gluten free chicken nugget served with lettuce & tomato salad w/homemade ranch dressing and applesauce	Organic White Grape Juice and Ritz crackers w/ veggie dip
Wednesday	Organic Whole/1% Milk or Lactaid WG cinnamon toast served w/ kiwi	Organic Whole/1% Milk or Lactaid Homemade Chicken Stir Fry w/ mixed veggies and fresh mixed fruit	Fresh Cucumber slices served w/homemade ranch dressing and cheese cubes
Thursday	Organic Whole/1% Milk or Lactaid Homemade Strawberry Muffin & fresh melon	Organic Whole/1% Milk or Lactaid WG Angel Hair Pasta & tomato sauce served w/ turkey meatballs, corn, and fresh banana slices	Cauliflower crackers served w/ applesauce
Friday	Organic Whole/1% Milk or Lactaid French Toast Sticks served w/ pineapple	Organic Whole/1% Milk or Lactaid Baked Fish served w/couscous and peas & carrots	Cheez- it w/ fresh sliced melon

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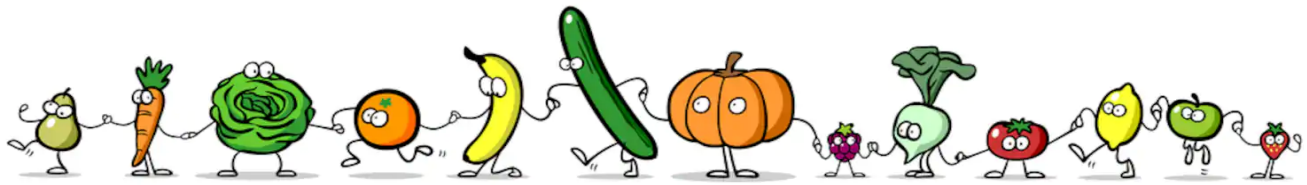


WEEK THREE

	Breakfast	Lunch	Afternoon Snack
Monday	Organic Whole/1% Milk or Lactaid Whole Grain Rich Cereal & Orange Juice	Organic Whole/1% Milk or Lactaid Organic Baked Chicken w/ oven roasted Potatoes, green beans, & applesauce	Cheese sticks served with Wheat Thins and fresh orange slices
Tuesday	Organic Whole/1% Milk or Lactaid Whole Grain Waffles with organic Syrup & strawberries	Organic Whole/1% Milk or Lactaid Turkey and cheese sliders w/ lettuce, tomato and pineapple	Veggie Crackers served w/ Organic, no sugar added, 100% fruit juice
Wednesday	Organic Whole/1% Milk or Lactaid Fresh Banana muffin served w/ cantaloupe	Organic Whole/1% Milk or Lactaid Organic Mini Chicken corndogs w/ celery, ranch, and sliced pears	Cheez-It Crackers served w/ carrot sticks
Thursday	Organic Whole/1% Milk or Lactaid Spanish Omelet served with turkey bacon, & grapefruit juice	Organic Whole/1% Milk or Lactaid Organic ground turkey with elbow noodles and tomato sauce served with Broccoli & strawberries	Goldfish served w/ fresh salsa
Friday	Organic Whole/1% Milk or Lactaid French Toast served w/turkey sausage patty	Organic Whole/1% Milk or Lactaid WG Grilled Cheese & tomato served w/ apple slices	Organic Pretzel Sticks served w/cheese cubes and raisins

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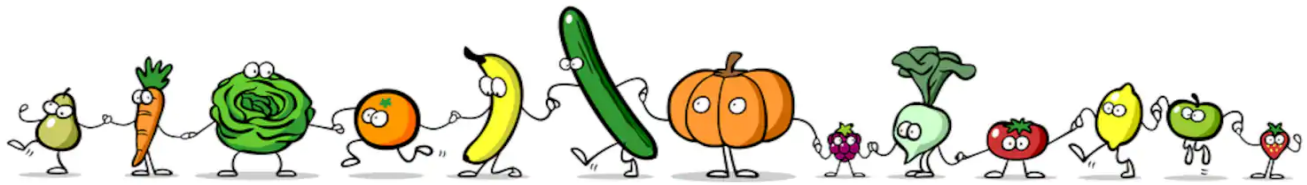


WEEK FOUR

	Breakfast	Lunch	Afternoon Snack
Monday	Organic Whole/1% Milk or Lactaid Turkey Sausage Links w/hashbrowns & Fresh Orange Juice	Organic Whole/1% Milk or Lactaid Sun butter & organic sugar free jam sandwich served with carrots & sliced peaches	Cottage cheese and fresh blueberries
Tuesday	Organic Whole/1% Milk or Lactaid Organic Scrambled Egg & Cheesy Breakfast Potatoes Served w/ sliced pears	Organic Whole/1% Milk or Lactaid Nachos topped with diced chicken breast, tomatoes, cheese, and sour cream served with corn and fresh raspberries	Organic Fruit & Yogurt cup with Granola
Wednesday	Organic Whole/1% Milk or Lactaid Homemade Blueberry Muffin served with sliced peaches	Organic Whole/1% Milk or Lactaid Organic veggie burger w/ cheese on WW bun served with lettuce, tomato, and veggie tots & pears	Ritz crackers w/veggie dip
Thursday	Organic Whole/1% Milk or Lactaid Oatmeal with brown sugar swerved with pineapple chunks	Organic Whole/1% Milk or Lactaid Homemade Rice & Black beans served with applesauce	Banana served w/ apricots
Friday	Organic Whole/1% Milk or Lactaid French Toast and organic maple syrup served with apricots	Organic Whole/1% Milk or Lactaid Organic gluten free chicken nuggets served w/baked sweet potato tots, broccoli & pineapple	Fig bar w/ Apple juice

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WEEK FIVE

	Breakfast	Lunch	Afternoon Snack
Monday	Organic Whole/1% Milk or Lactaid Mini Shredded Wheat cereal served w/ fresh blueberries	Organic Whole/1% Milk or Lactaid Fresh chicken salad served on WG bread served with baby carrots and pineapple chunks	Veggie Crackers served w/ Organic, no sugar added, 100% fruit juice
Tuesday	Organic Whole/1% Milk or Lactaid Oatmeal with brown sugar served with pineapple chunks	Organic Whole/1% Milk or Lactaid Homemade Taco w/ organic ground turkey, lettuce, tomato, shredded cheese, sour cream, and salsa on a gluten free flour tortilla served w/ corn	Pita slices served w/ spinach dip and fresh pear slices
Wednesday	Organic Whole/1% Milk or Lactaid Cinnamon raisin toast w/ butter served with pineapple chunks	Organic Whole/1% Milk or Lactaid Sloppy Joe made w/ ground chicken on WW bun served w/ tater tots, green beans, & mixed fruit	Cheerios served w/ raisins
Thursday	Organic Whole/1% Milk or Lactaid Organic scramble eggs w/ whole wheat toast, turkey bacon, & strawberries	Organic Whole/1% Milk or Lactaid Homemade mashed potatoes w/mixed vegetables and ground Turkey and served w/applesauce	Saltine crackers & Gouda cheese cubes
Friday	Organic Whole/1% Milk or Lactaid Hashbrown served with turkey sausage patty	Organic Whole/1% Milk or Lactaid Organic chicken breast patty on WG bread served with cheese, lettuce, & tomato served w/ apple slices	Pretzels and Homemade Fruit salsa

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