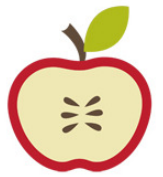


Fit and Healthy Menu

Week 2	Breakfast 6:30 – 7:30	Snack 9:30 – 9:45	Lunch 11:45 – 12:15	Snack 3:15 – 3:30
Monday	Whole grain Cereal Whole Milk	String Cheese With Crackers	Homemade Baked Ziti Green Beans Cinnamon Applesauce	Fresh Fruit Whole Grain Pretzels
Tuesday	Whole grain Cereal Whole Milk	Whole Wheat Graham Crackers With Whole Milk	White Bean Chicken Chili Diced Carrots Banana	Mini Ham and Cheese Sandwiches
Wednesday	Fresh Fruit Oatmeal Whole Milk	Whole Grain Cereal With Whole Milk	Chicken and Noodles Tossed Salad Cinnamon Applesauce	Fresh Vegetables With Ritz Crackers
Thursday	Whole grain Cereal Whole Milk	Fresh Vegetables With Chef's Choice	Grilled Cheese Sandwich Peas Cinnamon Pears	Trail Mix With Whole Milk
Friday	Fresh Fruit Oatmeal Whole Milk	Fresh Fruit With Cinnamon Toast	Bean and Cheese Quesadilla Green Beans Mixed Fruit	Fruit Bars



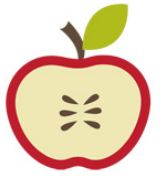
Fit and Healthy Menu

Week 3	Breakfast 6:30 – 7:30	Snack 9:30 – 9:45	Lunch 11:45 – 12:15	Snack 3:15 – 3:30
Monday	Whole grain Cereal Whole Milk	String Cheese With Crackers	Homemade Tuna Casserole with Egg Noodles Peas Cinnamon Pears	Fresh Fruit Whole Grain Pretzels
Tuesday	Whole grain Cereal Whole Milk	Whole Wheat Graham Crackers With Whole Milk	Hot Dogs Mixed Vegetables Sliced Oranges	Mini Ham and Cheese Sandwiches
Wednesday	Homemade Fresh Fruit Oatmeal Whole Milk	Whole Grain Cereal With Whole Milk	Rotini & Vegetables Tossed Salad Diced Pears	Fresh Vegetables With Ritz Crackers
Thursday	Whole grain Cereal Whole Milk	Fresh Vegetables With Chef's Choice	Beanie Weenies Corn Cinnamon Applesauce	Trail Mix With Whole Milk
Friday	Homemade Fresh Fruit Oatmeal Whole Milk	Fresh Fruit With Cinnamon Toast	Chicken & Rice Casserole Mixed Vegetables Pineapple Chunks	Fruit Bars



Fit and Healthy Menu

Week 1	Breakfast 6:30 – 7:30	Snack 9:30 – 9:45	Lunch 11:45 – 12:15	Snack 3:15 – 3:30
Monday	Whole grain Cereal Whole Milk	String Cheese With Crackers	Baked Spaghetti with Tomato Sauce Tossed Salad Diced Pineapple	Fresh Fruit Whole Grain Pretzels
Tuesday	Whole grain Cereal Whole Milk	Whole Wheat Graham Crackers With Whole Milk	Vegetable Pizza Mixed Vegetables Mixed Fruit	Mini Ham and Cheese Sandwiches
Wednesday	Homemade Fresh Fruit Oatmeal Whole Milk	Whole Grain Cereal With Whole Milk	Macaroni and cheese made with whole wheat pasta Tossed Salad Pineapple	Fresh Vegetables With Ritz Crackers
Thursday	Whole grain Cereal Whole Milk	Fresh Vegetables With Chef's Choice	Meatballs & Gravy Mashed Potatoes Diced Pears	Trail Mix With Whole Milk
Friday	Homemade Fresh Fruit Oatmeal Whole Milk	Fresh Fruit With Cinnamon Toast	Homemade Beef Stroganoff Diced Carrots Mandarin Oranges	Fruit Bars



Fit and Healthy Menu

Week 4	Breakfast 6:30 – 7:30	Snack 9:30 – 9:45	Lunch 11:45 – 12:15	Snack 3:15 – 3:30
Monday	Whole grain Cereal Whole Milk	String Cheese With Crackers	Penne & Vegetables with Alfredo Sauce Tossed Salad Cinnamon Applesauce	Fresh Fruit Whole Grain Pretzels
Tuesday	Whole grain Cereal Whole Milk	Whole Wheat Graham Crackers With Whole Milk	Grilled Cheese Sandwich Green Beans Mandarin Oranges	Mini Ham and Cheese Sandwiches
Wednesday	Homemade Fresh Fruit Oatmeal Whole Milk	Whole Grain Cereal With Whole Milk	Baked Ziti Tossed Salad Diced Pineapple	Fresh Vegetables With Ritz Crackers
Thursday	Whole grain Cereal Whole Milk	Fresh Vegetables With Chef's Choice	Turkey and Cheese Wrap Corn Mixed Fruit	Trail Mix With Whole Milk
Friday	Homemade Fresh Fruit Oatmeal Whole Milk	Fresh Fruit With Cinnamon Toast	Homemade Chili Green Beans Cinnamon Pears	Fruit Bars