WEEK 1 INFANT / CHILD ALLERGY MENU

CHILD'S NAME:_____ DATE: _____

PARENT SIGNATURE: _____ CLASSROOM:_____

PARENT: PLEASE CIRCLE ITEMS YOUR CHILD MAY EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Fruit Milk	Waffle with WOW Butter or Sun Butter Fruit Milk	Fruit Smoothie	Boiled Eggs Toast Fruit Milk	Cottage Cheese Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Muffins Water	Bananas Water	Fig Bars Water	Cereal Water	Belvita Biscuit Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Steak Fingers Green Beans Mandarin Oranges Milk	Cheese Pizza Baby Carrots Pineapple Tidbits Milk	Ham & Cheese Sandwich Lettuce, Tomatoes, Pickles Fresh Fruit Milk	Beef & Cheese Tacos Corn / Black Bean Salad Fresh Fruit Milk	Sausage & White Beans with Pasta Peas & Carrots Tropical Fruit Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Cracker Sliced Cheese Water	Pretzels / Pretzel Thins & Hummus Water	Gogurt Fresh Fruit Water	Animal Crackers String Cheese Water	Graham Crackers Cream Cheese Water

WEEK 2 INFANT / CHILD ALLERGY MENU

CHILD'S NAME:_____ DATE: _____

PARENT SIGNATURE: _____ CLASSROOM:_____

PARENT: PLEASE CIRCLE ITEMS YOUR CHILD **MAY** EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
Oatmeal Fruit Milk	French Toast Canadian Bacon Fruit Milk	Cheese Toast Fruit Milk	Sausage Biscuit Fruit Milk	Yogurt with Granola Fruit Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Cereal Water	Bananas Water	Fruit n' Grain Bar Water	Goldfish Water	Cereal Bars Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Bean & Cheese Tacos Mexican Corn Tropical Fruit Milk	Sliced Ham Brown Rice Green Beans Diced Peaches Milk	Chicken Breast Sandwich Baby Carrots Fresh Fruit Milk	Spaghetti with Meat Sauce Garden Salad Fresh Fruit Milk	Swedish Meatballs Sliced Bread Green Peas Apple Sauce Milk
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Sliced Cheese Ritz Crackers Water	Cheez-Its Diced Ham / Turkey Water	Gogurt Fresh Fruit Water	Pretzel Thins / Pretzels Cheese Water	Fresh Veggies with Hummus Water

WEEK 3 INFANT / CHILD ALLERGY MENU

CHILD'S NAME:_____ DATE: _____

PARENT SIGNATURE: _____ CLASSROOM:_____

PARENT: PLEASE CIRCLE ITEMS YOUR CHILD MAY EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
Hot or Cold Cereal Fruit Milk	Waffle with WOW Butter or Sun Butter Fruit Milk	Fruit Smoothie	Boiled Eggs Toast Fruit Milk	Cottage Cheese Fruit Milk
AM SNACK	AM SNACK	AM SNACK	AM SNACK	AM SNACK
Muffins Water	Bananas Water	Fig Bars Water	Cereal Water	Belvita Biscuits Water
HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH	HEALTHY LUNCH
Patty Melt Sliced Bread Green Beans Pineapple Milk	Chicken Salad Whole Grain Saltines Broccoli Mandarin Oranges Milk	Turkey & Cheese Sandwich Baby Carrots Fresh Fruit Milk	Cowboy Stew Corn Bread Fresh Fruit Milk	Pinto Beans with Rice Mixed Veggies Diced Peaches Milk
PM SNACK	PM SNACK	PM SNACK	PM SNACK	PM SNACK
Whole Grain Crackers Sliced Cheese Water	Pretzels/ Pretzel Thins Hummus Water	Fresh Fruit of Choice Gogurt Water	Animal Crackers String Cheese Water	Graham Crackers Cream Cheese Water

WEEK 4 INFANT / CHILD ALLERGY MENU

CHILD'S NAME:_____ DATE: _____

PARENT SIGNATURE: _____ CLASSROOM:_____

PARENT: PLEASE CIRCLE ITEMS YOUR CHILD **MAY** EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
Oatmeal Fruit Milk	French Toast Canadian Bacon Fruit Milk	Cheese Toast Fruit Milk	Sausage Biscuit Fruit Milk	Yogurt with Granola Fruit Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Cereal Water	Bananas Water	Fruit n' Grain Bars Water	Goldfish Water	Cereal Bars Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Chicken Tenders Mixed Veggies Diced Peaches Milk	Cheese Quesadilla Corn & Black Bean Salad Diced Pears Milk	Sloppy Joe Broccoli Bananas Milk	Salisbury Steak Brown Rice Green Beans Fresh Fruit Milk	BBQ Meatballs Sliced Bread Peas & Carrots Applesauce Milk
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Sliced Cheese Ritz Crackers Water	Cheez-Its Diced Ham / Turkey Water	Fruit Gogurt Water	Pretzel Thins / Pretzels Cheese Water	Fresh Veggies & Hummus Water

WEEK 5 INFANT / CHILD ALLERGY MENU

CHILD'S NAME:_____ DATE: _____

PARENT SIGNATURE: _____ CLASSROOM:_____

PARENT: PLEASE CIRCLE ITEMS YOUR CHILD MAY EAT AND TURN IN THE MENU TO THE KITCHEN MANAGER

Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**	**BREAKFAST**
Hot or Cold Cereal Fruit Milk	Waffle with WOW Butter or Sun Butter Fruit Milk	Fruit Smoothie	Boiled Eggs Toast Fruit Milk	Cottage Cheese Fruit Milk
AM SNACK	**AM SNACK**	**AM SNACK**	**AM SNACK**	**AM SNACK**
Muffins Water	Bananas Water	Fig Bars Water	Cereal Water	Belvita Biscuits Water
HEALTHY LUNCH	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**	**HEALTHY LUNCH**
Pork Rib Sandwich with Pickles Cole Slaw Pineapple Tidbits Milk	Bean & Cheese Tacos Mexican Corn Diced Peaches Milk	Turkey & Cheese Sandwich Baby Carrots Fresh Fruit Milk	Beef Stroganoff Mixed Veggies Fresh Fruit Milk	Red Beans & Rice Green Beans Apple Sauce Milk
PM SNACK	**PM SNACK**	**PM SNACK**	**PM SNACK**	**PM SNACK**
Sliced Cheese Whole Grain Crackers Water	Pretzels / Pretzel Thins Hummus Water	Fresh Fruit of Choice Gogurt Water	Animal Crackers String Cheese Water	Graham Crackers Cream Cheese Water