MEAL	COMPONENT	AGES 6-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fruit	¾ cup	Baby Carrots	Chocolate Bananas Smoothies	Extra: Strawberries	Apples	
	Vegetable	¾ cup			Can you make a parfait?		
	Grain	½ oz eq	Goldfish Pretzels	Scooby Snacks	Cocoa Puffs	Blueberry Muffins	Baked Cheetos
	Meat/Meat * Yogurt Milk	1 oz 8oz 8oz	Try with honey mustard dip!		Strawberry Yogurt		HB Eggs