MEAL	COMPONENT	AGES 6-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fruit	¾ cup	Grapes		Peaches		Apples
	Vegetable	3⁄4 cup		Extra: Marinara			
	Grain	½ oz eq	Nutri Grain Bars	Cheddar Rice Cakes	Rice Krispies	Salsa Sun Chips	Chocolate Rice Cakes
	Meat/Meat * Yogurt Milk	1 oz 8oz 8oz		Pepperoni		Mozzarella Sticks	Extra: Sunbutter