MEAL	COMPONENT	AGES 6-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fruit	¾ cup	Fruit Punch		Apples	Grapes	
	Vegetable	¾ cup		Extra: Salsa			
	Grain	½ oz eq	Nutri Grain Bars	Corn Chips	Baked Cheetos	Strawberry Chex	Granola Bites
	Meat/Meat * Yogurt Milk	1 oz 4 oz 8oz		Cheddar Slices			Yogurt