MEAL	COMPONENT	AGES 6-8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SNACK	Fruit	¾ cup	Bananas		Grapes		
	Vegetable	¾ cup		Cucumbers			Baby Carrots
	Grain	½ oz eq	Chocolate Chip Muffins	Salsa Sun Chips	Goldfish	Vanilla Wafers	Pretzel Goldfish
	Meat/Meat * Yogurt Milk	1 oz 4 oz 8oz				Yogurt	