



<p>Monday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Tuesday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Wednesday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Thursday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Friday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>
			<p>1 <i>Marshmallow Treat, Cheese Stick, Fruit</i></p>	<p>2 <i>Cocoa Puffs Cereal Bar, Cheese Stick, Fruit</i></p>
<p>5</p> 	<p>6 <i>Marshmallow Treat, Cheese Stick, Fruit</i></p>	<p>7 <i>Cheetos, Cheese Stick, Fruit</i></p>	<p>8 <i>Cheez-Its, Cheese Stick, Fruit</i></p>	<p>9 <i>Cocoa Puffs Cereal Bar, Cheese Stick, Fruit</i></p>
<p>12 <i>Cocoa Puffs Cereal Bar, Cheese Stick, Fruit</i></p>	<p>13 <i>Cheez-its, Cheese Stick, Fruit</i></p>	<p>14 <i>Cocoa Puffs Cereal Bar, Cheese Stick, Fruit</i></p>	<p>15 <i>Cheetos, Cheese Stick, Fruit</i></p>	<p>16 <i>Marshmallow Treat, Cheese Stick, Fruit</i></p>
<p>17 <i>Cheez-Its, Cheese Stick, Fruit</i></p>	<p>18 <i>Cocoa Puffs Cereal Bar, Cheese Stick, Fruit</i></p>	<p>19 <i>Marshmallow Treat, Cheese Stick, Fruit</i></p>	<p>20 <i>Cheez-Its, Cheese Stick, Fruit</i></p>	<p>21 <i>Marshmallow Treat, Cheese Stick, Fruit</i></p>
<p>24 <i>Cocoa Puffs Cereal Bar, Cheese Stick, Fruit</i></p>	<p>25 <i>Cheez-Its, Cheese Stick, Fruit</i></p>	<p>26 <i>Cheetos, Cheese Stick, Fruit</i></p>	<p>27 <i>Cocoa Puffs Cereal Bar, Cheese Stick, Fruit</i></p>	<p>28 <i>Marshmallow Treat, Cheese Stick, Fruit</i></p>

* *Breakfast—offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

**Snack—serve 2 items from different component areas.

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			1 <i>Nutrigrain Bar, Fruit, Cheese Stick</i>	2 <i>Cheddar Chex, Fruit, Cheese Stick</i>
5 	6 <i>Cheddar Chex, Fruit, Cheese Stick</i>	7 <i>Cinnamon toast Crunch Cereal Bar, Fruit, Cheese Stick</i>	8 <i>Marshmallow Treat, Fruit, Cheese Stick</i>	9 <i>Cocoa Puffs Cereal Bar, Fruit, Cheese Stick</i>
12 <i>Trix Cereal Bar, Fruit, Cheese Stick</i>	13 <i>Elf Chocolate Grahams, Fruit, Cheese Stick</i>	14 <i>Cocoa Puffs Cereal Bar, Fruit, Cheese Stick</i>	15 <i>Elf Chocolate Grahams, Fruit, Cheese Stick</i>	16 <i>Cinnamon toast Crunch Cereal Bar, Fruit, Cheese Stick</i>
17 <i>Nutrigrain Bar, Fruit, Cheese Stick</i>	18 <i>Elf Chocolate Grahams, Fruit, Cheese Stick</i>	19 <i>Trix Cereal Bar, Fruit, Cheese Stick</i>	20 <i>Cheddar Chex, Fruit, Cheese Stick</i>	21 <i>Nutrigrain Bar, Fruit, Cheese Stick</i>
24 <i>Cocoa Puffs Cereal Bar, Fruit, Cheese Stick</i>	25 <i>Elf Chocolate Grahams, Fruit, Cheese Stick</i>	26 <i>Cinnamon toast Crunch Cereal Bar, Fruit, Cheese Stick</i>	27 <i>Marshmallow Treat, Fruit, Cheese Stick</i>	28 <i>Trix Cereal Bar, Fruit, Cheese Stick</i>

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			<p>1</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Cocoa Puffs Cereal Bar, Fruit, Cheese stick</p>	<p>2</p> <p>AM: Cheerios, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Tiger Bites, Fruit, Cheese stick</p>
<p>5</p> 	<p>6</p> <p>AM: Cinnamon Toast Crunch Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Nutrigrain Bar, Fruit, Cheese Stick</p>	<p>7</p> <p>AM: Cheerios, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Strawberry Yogurt Chex Mix, Fruit, Cheese Stick</p>	<p>8</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Baked Cheetos, Fruit, Cheese Stick</p>	<p>9</p> <p>AM: Cocoa Puffs Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Cheez-Its, Fruit, Cheese Stick</p>
<p>12</p> <p>AM: Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>	<p>13</p> <p>AM: Cheerios, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Chocolate Chip Oat Bar, Fruit, Cheese Stick</p>	<p>14</p> <p>AM: Trix Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Nutrigrain Bar, Fruit, Cheese Stick</p>	<p>15</p> <p>AM: Cocoa Puffs Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Cheez-Its, Fruit, Cheese Stick</p>	<p>16</p> <p>AM: Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>
<p>17</p> <p>AM: Cheerios, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Nutrigrain Bar, Fruit, Cheese Stick</p>	<p>18</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Baked Cheetos, Fruit, Cheese Stick</p>	<p>19</p> <p>AM: Cocoa Puffs Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Chocolate Chip Oat Bar, Fruit, Cheese Stick</p>	<p>20</p> <p>AM: Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>	<p>21</p> <p>AM: Cheerios, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Cheez-Its, Fruit, Cheese Stick</p>
<p>24</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>	<p>25</p> <p>AM: Cocoa Puffs Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Nutrigrain Bar, Fruit, Cheese Stick</p>	<p>26</p> <p>AM: Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Baked Cheetos, Fruit, Cheese Stick</p>	<p>27</p> <p>AM: Cheerios, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Chocolate Chip Oat Bar, Fruit, Cheese Stick</p>	<p>28</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Nutrigrain Bar, Fruit, Cheese Stick</p>

* *Breakfast—offer 4 items from 3 component areas—child may refuse only 1 food item. A child must take at least 1/2 cup of fruit.

**Snack—serve 2 items from different component areas.

Site Name: Kenwood

Month: September

<p>Monday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Tuesday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Wednesday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Thursday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Friday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>
			<p>1 <i>Nutrigrain bar, Fruit, Cheese Stick</i></p>	<p>2 <i>Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</i></p>
<p>5</p> 	<p>6 <i>Cheddar Chex Mix, Fruit, Cheese Stick</i></p>	<p>7 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>8 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>	<p>9 <i>Nutrigrain bar, Fruit, Cheese Stick</i></p>
<p>12 <i>Cheetos, Fruit, Cheese Stick</i></p>	<p>13 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>14 <i>Cheddar Chex Mix, Fruit, Cheese Stick</i></p>	<p>15 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>16 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>
<p>17 <i>Cocoa Puffs Cereal Bar, Fruit, Cheese Stick</i></p>	<p>18 <i>Cheetos, Fruit, Cheese Stick</i></p>	<p>19 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>	<p>20 <i>Cocoa Puffs Cereal Bar, Fruit, Cheese Stick</i></p>	<p>21 <i>Cheddar Chex Mix, Fruit, Cheese Stick</i></p>
<p>24 <i>Cheetos, Fruit, Cheese Stick</i></p>	<p>25 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>26 <i>Cheddar Chex Mix, Fruit, Cheese Stick</i></p>	<p>27 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>28 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>


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Site Name: Lake

Month: September

<p>Monday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Tuesday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Wednesday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Thursday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>	<p>Friday</p> <p>AM- *Offer child the following: 1 LF/FF Milk, 1 Fruit and 2 Grains</p> <p>PM- **Serve child the following: 1 Fruit and 1 Grain</p>
			<p>1 <i>Cheddar Chex Mix, Fruit Cheese Stick</i></p>	<p>2 <i>Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</i></p>
<p>5</p> 	<p>6 <i>Bug Bites, Fruit, Cheese Stick</i></p>	<p>7 <i>Cocoa Puffs Cereal Bar, Fruit, Cheese Stick</i></p>	<p>8 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>	<p>9 <i>Bug Bites, Fruit, Cheese Stick</i></p>
<p>12 <i>Cheddar Chex, Fruit, Cheese Stick</i></p>	<p>13 <i>Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</i></p>	<p>14 <i>Bug Bites, Fruit, Cheese Stick</i></p>	<p>15 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>16 <i>Cheddar Chex, Fruit, Cheese Stick</i></p>
<p>17 <i>Bug Bites, Fruit, Cheese Stick</i></p>	<p>18 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>19 <i>Cheddar Chex, Fruit, Cheese Stick</i></p>	<p>20 <i>Bug Bites, Fruit, Cheese Stick</i></p>	<p>21 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>
<p>24 <i>Cheddar Chex, Fruit, Cheese Stick</i></p>	<p>25 <i>Bug Bites, Fruit, Cheese Stick</i></p>	<p>26 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>	<p>27 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>28 <i>Bug Bites, Fruit, Cheese Stick</i></p>

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			<p>1 <i>Cheddar Chex mix, Fruit, Cheese Stick</i></p>	<p>2 <i>Chocolate Chip Oat Bar, Fruit, Cheese Stick</i></p>
<p>5</p> 	<p>6 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>	<p>7 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>8 <i>Cheez-Its, Fruit, Cheese Stick</i></p>	<p>9 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>
<p>12 <i>Gold Fish, Fruit, Cheese Stick</i></p>	<p>13 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>	<p>14 <i>Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</i></p>	<p>15 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>	<p>16 <i>Elf Chocolate Grahams, Fruit, Cheese Stick</i></p>
<p>17 <i>Gold Fish, Fruit, Cheese Stick</i></p>	<p>18 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>	<p>19 <i>Gold Fish, Fruit, Cheese Stick</i></p>	<p>20 <i>Trix Cereal Bar, Fruit, Cheese Stick</i></p>	<p>21 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>
<p>24 <i>Cheez-Its, Fruit, Cheese Stick</i></p>	<p>25 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>	<p>26 <i>Gold Fish, Fruit, Cheese Stick</i></p>	<p>27 <i>Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</i></p>	<p>28 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>

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			<p>1</p> <p>AM: Cinnamon Toast Crunch Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese stick</p>	<p>2</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Nutrigrain Bar, Fruit, Cheese stick</p>
<p>5</p> 	<p>6</p> <p>AM: Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Chocolate Elf Grahams, Fruit, Cheese Stick</p>	<p>7</p> <p>AM: Cheerios, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Baked Cheetos, Fruit, Cheese Stick</p>	<p>8</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Scooby Grahams, Fruit, Cheese Stick</p>	<p>9</p> <p>AM: Cocoa Puffs Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Marshmallow Treat, Fruit, Cheese Stick</p>
<p>12</p> <p>AM: Cinnamon Toast Crunch Cereal, Nutrigrain bar, Fruit, Milk</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>	<p>13</p> <p>AM: Cheerios, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Cheez-its, Fruit, Cheese Stick</p>	<p>14</p> <p>AM: Trix Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Goldfish, Fruit, Cheese Stick</p>	<p>15</p> <p>AM: Cocoa Puffs Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Chocolate Elf Grahams, Fruit, Cheese Stick</p>	<p>16</p> <p>AM: Cinnamon Toast Crunch Cereal, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>
<p>17</p> <p>AM: Cheerios, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Cheez-its, Fruit, Cheese Stick</p>	<p>18</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>	<p>19</p> <p>AM: Cocoa Puffs, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Scooby Grahams, Fruit, Cheese Stick</p>	<p>20</p> <p>AM: Cinnamon Toast Crunch Cereal, Trix Cereal Bar, Fruit, Cheese Stick</p> <p>PM: Baked Cheetos, Fruit, Cheese Stick</p>	<p>21</p> <p>AM: Cheerios, Cocoa Puffs Cereal Bar, Fruit, Milk</p> <p>PM: Goldfish, Fruit, Cheese Stick</p>
<p>24</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Cheddar Chex Mix, Fruit, Cheese Stick</p>	<p>25</p> <p>AM: Cocoa Puffs Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</p>	<p>26</p> <p>AM: Cinnamon Toast Crunch Cereal, Trix Cereal Bar, Fruit, Milk</p> <p>PM: Goldfish, Fruit, Cheese Stick</p>	<p>27</p> <p>AM: Cheerios, Cinnamon Toast Crunch Cereal Bar, Fruit, Milk</p> <p>PM: Cheez-its, Fruit, Cheese Stick</p>	<p>28</p> <p>AM: Trix Cereal, Cinnamon Toast Crunch Cereal Bar, Fruit, Cheese Stick</p> <p>PM: Chocolate Elf Grahams, Fruit, Cheese Stick</p>

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<p>19 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>	<p>20 <i>Cheez Its, Fruit, Cheese Stick</i></p>	<p>21 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>	<p>22 <i>Munchies, Fruit, Cheese Stick</i></p>	
<p>26 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>	<p>27 <i>Scooby Grahams, Fruit, Cheese Stick</i></p>	<p>28 <i>Munchies, Fruit, Cheese Stick</i></p>	<p>29 <i>Marshmallow Treat, Fruit, Cheese Stick</i></p>	

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