

## WEEKLY MEAL PLANNER TLK

## WEEK 1

	NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8AM-9AM	MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	JELLY TOAST , SAUSAGE or EGGS	FRIED BOLOGNA W/EGG CHEESE SANDWICH	PANCAKES SAUSAGE ON A STICK, APPLESAUCE	CREAM OF WHEAT W/BLUEBERRY, CHEESE EGGS	Special K Crisps PreK: Gogurt Toddler: Yogurt pack
AM SNACK 11AM-11:30AM	ANY 2 COMPONENTS MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	PB CRACKERS, APPLE SAUCE	CEREAL BAR w/MANDARIN CUPS	STRAWBERRY YOGURT PARFAIT	CINNAMON PEANUT BUTTER TOAST SRING CHEESE	DELI ROLL UPS W/ YOGURT
LUNCH 2PM-3PM	JUICE* MEAT FRUIT/VEGGIE BREAD/GRAIN	CHICKEN NUGGETS, GREEN BEANS	PIZZA ROLLS, CUCUMBERS & RANCH, PEACHES	BBQ MEATBALLS, MASHED POTATOES, BROCCOLI	PBJ, CHEESE CUBES, COOKED CARROTS	FISH STICKS, RICE, PEAS
PM SNACK 4:30PM-5PM	TREAT	YOGURT, CANNED FRUIT, ANIMAL CRACKERS	COOKIES & MILK	POPCORNERS	PUDDING	POKE CAKE

NOTES

MILK-W/BREAKFAST  
JUICE W/LUNCH  
WATER W/PM SNACK

**MAKE SURE ALL FOOD IS CUT UP BASED ON THE CLASS IT'S GOING TO. FOR INFANTS 6m AND UNDER, WE MUST HAVE PARENTS APPROVAL BEFORE STARTING TABLE FOOD, SUPPLIED BY TLK**  
**\*\*HONEY IS NOT ALLOWED FOR INFANTS UNDER 12MO\*\***

# WEEKLY MEAL PLANNER TLK

# WEEK 2

	NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 8AM-9AM	MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	JELLY TOAST W/ SAUSAGE & APPLESAUCE	WAFFLES & EGGS	CEREAL W/BERRIES	PANCAKES w/BLEUBERRY , EGGS	OATMEAL W/BACON
AM SNACK 11AM-11:30AM	ANY 2 COMPONENTS MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	PB CRACKERS AND STRAWBERRIES	PRETZEL STICKS w DELI MEAT	PINEAPPLE YOGURT PARFAIT	APPLE SLICES & PEANUT BUTTER	GRANOLA BAR & MANGOES
LUNCH 2PM-3PM	JUICE* MEAT FRUIT/VEGGIE BREAD/GRAIN	SPAGHETTI WITH VEGGIES	CHICKEN NUGGETS, BEANS, GREEN BEANS	TURKEY & CHEESE SANDWHICH, CUCUMBERS W/RANCH, PEACHES	NOODLE CUP W/MANDARIN CUPS	PIZZA & BROCCOLI
PM SNACK 4:30PM-5PM	TREAT	PUDDING	POP TART WITH STRAWBERRY	GRANOLA BAR	JELLO	YOGURT, PEACHES, ANIMAL CRACKERS

**NOTES**

MILK-W/BREAKFAST  
JUICE W/LUNCH  
WATER W/PM SNACK

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# WEEKLY MEAL PLANNER TLK

# WEEK 3

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BREAKFAST 8AM-9AM	MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	OATMEAL W/SAUSAGE	FRENCH TOAST STICKS w/ EGGS APPLESAUCE	CREAM OF WHEAT, TURKEY BACON	MINI PANCAKES, EGGS, CINNAMON APPLES	MUFFINS W/EGGS
AM SNACK 11AM-11:30AM	ANY 2 COMPONENTS MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	PB TOAST & BANANA	STRAWBERRIES IN YOGURT W/GRANOLA (Infants & toddlers get animal crackers instead)	CHEESE & GRAHAM CRACKERS	FROZEN YOGURT COVERED BERRIES	GOLDFISH & CUCUMBERS w/RANCH
LUNCH 2PM-3PM	JUICE* MEAT FRUIT/VEGGIE BREAD/GRAIN	CHICKEN NUGGETS, GREEN BEANS, TATER TOTS	MEATBALL, MASH POTATOES, GREEN BEANS	FISH STICKS, CORN, CUCUMBER SLICES W/RANCH	BEENIES WEENIES W/ MIXED VEGGIES	CHICKEN & VEGGIE RICE
PM SNACK 4:30PM-5PM	TREAT	GOLD FISH	POP TART	NUTELLA COVERED BANANA	POPCORNS	NUTELLA TOAST w/FRUIT

NOTES

MILK-W/BREAKFAST  
JUICE W/LUNCH  
WATER W/PM SNACK

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# WEEKLY MEAL PLANNER TLK

# WEEK 4

	NOTES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 8AM-9AM	MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	CEREAL w/GOGURT	PANCAKE MUFFINS W/SAUSAGE	BREAKFAST QUESADILLA (EGG & CHEESE) w/BAKED APPLES	WAFFLES w/BACON & BLUEBERRIES	JELLY TOAST w/SCRAMBLED EGGS
<b>AM SNACK</b> 11AM-11:30AM	ANY 2 COMPONENTS MILK* MEAT FRUIT/VEGGIE BREAD/GRAIN	MANGO & GRAHAM CRACKERS	GRANOLA BAR w/STRAWBERRY	STRING GHEESE w/PEACHES	BELVITA BISCUITS w/YOGURT	CHEF'S CHOICE
<b>LUNCH</b> 2PM-3PM	JUICE* MEAT FRUIT/VEGGIE BREAD/GRAIN	TACOS w/SQUASH	CORN DOGS w/BROCCOLI	SPAGHETTI w/MEAT SAUCE or MEATBALLS, GREEN BEANS	PIZZA w/APPLES	TURKEY & CHEESE w/CHIPS & CUCUMBER
<b>PM SNACK</b> 4:30PM-5PM	TREAT	JELLO w/WHIPPED CREAM	COOKIES w/MILK	HONEY BUN	CHIPS	DEBBIE CAKE

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