



| | | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-----------------|--|---|---|---|---|
| Week 1 | Morning Snack | Cheerios & Milk | Fruit of Choice Bagel & Cream cheese | Applesauce Crackers | Fruits of Choice Crackers | Vanilla Yogurt Pretzels |
| | Lunch | Khichdi (Yellow Lentils & Rice) with Zucchini Squash Plain Yogurt Steamed Vegetables | Spanish Rice with Beans Sweet Corn Niblets Avocados | Idli & Sambar Cucumber Slices Bananas | Pasta (red sauce and butter) Seasoned Butter Bread Steamed Broccoli | Pizza French Fries Steamed Vegetables |
| | Afternoon Snack | Fruits of Choice Crackers | Fruit of Choice Goldfish | Fruit of Choice Pretzels | Fruit of Choice Chex Mix | Fruit of Choice Veggie Straws |
| Week 2 | Morning Snack | Cheerios & Milk | Fruit of Choice Bagel & Cream cheese | Applesauce Crackers | Fruits of Choice Crackers | Vanilla Yogurt Pretzels |
| | Lunch | Paneer or Potatoes Sabji Rice Steam Veggies Fruits | Cheese / Bean Qusadilla Steamed Carrots & Applesauce | Idli & Sambar Cucumber Slices Bananas | Alfredo Pasta Seasoned Butter Bread Steamed Broccoli | Pizza French Fries Steamed Vegetables |
| | Afternoon Snack | Fruits of Choice Crackers | Fruit of Choice Goldfish | Fruit of Choice Pretzels | Fruit of Choice Chex Mix | Fruit of Choice Veggie Straws |
| Week 3 | Morning Snack | Cheerios & Milk | Fruit of Choice Bagel & Cream cheese | Applesauce Crackers | Fruits of Choice Crackers | Vanilla Yogurt Pretzels |
| | Lunch | Khichdi (Yellow Lentils & Rice) with Zucchini Squash Plain Yogurt Steamed Vegetables | Spanish Rice with Beans Sweet Corn Niblets Avocados | Idli & Sambar Cucumber Slices Bananas | Pasta (red sauce and butter) Seasoned Butter Bread Steamed Broccoli | Pizza French Fries Steamed Vegetables |
| | Afternoon Snack | Fruits of Choice Crackers | Fruit of Choice Goldfish | Fruit of Choice Pretzels | Fruit of Choice Chex Mix | Fruit of Choice Veggie Straws |
| Week 4 | Morning Snack | Cheerios & Milk | Fruit of Choice Bagel & Cream cheese | Applesauce Crackers | Fruits of Choice Crackers | Vanilla Yogurt Pretzels |
| | Lunch | Paneer or Potatoes Sabji Rice Steam Veggies Fruits | Cheese / Bean Quesadilla Steamed Carrots & Applesauce | Idli & Sambar Cucumber Slices Bananas | Alfredo Pasta Seasoned Butter Bread Steamed Broccoli | Pizza French Fries Steamed Vegetables |
| | Afternoon Snack | Fruits of Choice Crackers | Fruit of Choice Goldfish | Fruit of Choice Pretzels | Fruit of Choice Chex Mix | Fruit of Choice Veggie Straws |
| Milk / Water served during snacks & meal | | | | | | |