

Wishing Well 2.0 4K Wrap Care Program

		Monday	Tuesday	Wednesday	Thursday	Friday
	B- Grain	Yogurt	Fruit Bread	NurtiGrain	Life Cereal	Poptart
	B-Fruit	Fresh Berries	Applesauce	Pears	Juice	Juice
	S - Grain	WG Crackers	Rice Cakes	Apples	Pretzels	WG Triscuts
	S -Fruit / S - Protein	String Cheese	Juice	Baby Bell Cheese	Juice	Carrots w/ dip
	B- Grain	Muffins	Bagel	Rice Krispy's	NutriGrain Bar	Cereal Bar
	B-Fruit	Pears	Juice	Juice	Peaches	Juice
	S - Grain	Cheese Its	Oyster Crackers	Chex Mix	Teddy Grahams	Peaches
	S -Fruit / S - Protein	Juice	Juice	Juice	Milk	Cottage Cheese
	B- Grain	Bagel	Pancakes	Poptart	Muffin	Cereal Bar
	B-Fruit	Pears	Juice	Peaches	Juice	Juice
	S - Grain	Gardettos	Goldfish Grahams	Graham Crackers	Sun Chips	Doritos
	S -Fruit / S - Protein	Juice	Milk	Applesauce	Juice	Cottage Cheese
	B- Grain	Kix Cereal	Belvita Bar	Raisin Bread	Cereal Bar	Muffins
	B-Fruit	Juice	Juice	Applesauce	Juice	Bananas
	S - Grain	Corn Chips	Blueberry Bread	Crackers	Animal Crackers	Bread Sticks
	S -Fruit / S - Protein	Salsa	Milk	Cheese	Milk	Juice
	B- Grain	Multigrain Cheerios	Cinnamon Bread	Muffin	Pancakes	Croissants
	B-Fruit	Juice	Applesauce	Juice	Berries	Juice
	S - Grain	Graham Crackers	Wheat Thins	Goldfish Crackers	Pretzels	Apples
	S -Fruit / S - Protein	Milk	Sliced Cheese	Juice	Juice	Yogurt

All breakfasts and lunches are served with non-flavored white milk. Whole or skim based on age and CACFP requirements.