

Menu 1 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Eggs				
Grain/Bread	Whole Wheat Toast	Pancakes	Oatmeal	Whole Wheat English Muffin	Whole Wheat Bagel
Fruit/Veggie	Nectarines	Applesauce	Blueberries	Strawberries	Banana
Meat/Meat Alt.	Scrambled Eggs			Turkey Bacon	
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
Lunch	HM Chicken Stir Fry	Spaghetti	Chicken Soft Tacos	Hamburger	Turkey Sandwich
Grain/Bread	Brown Rice	Spaghetti	Whole Wheat Tortillas	Whole Wheat Bun	Whole Wheat Bread
Meat/Meat Alt.	Chicken	HM Ground Turkey Meat Sauce	Shredded Chicken	Ground Beef Patty	Turkey
Fruit/Veggie #1	Broccoli/Red Peppers	Broccoli	Lettuce/Tomato	Mashed Potatoes	Corn
Fruit/Veggie #2	Baked Apples	Peaches	Orange	Baked Beans	Watermelon
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
AM Snack	Ants on a Log	Cheese Quesadilla		Banana in a Blanket	
Select 2 components	Celery/Raisins	Whole Wheat Tortilla	Rolled Turkey	Banana/Peanut Butter	String Cheese
	Peanut Butter	Cheese	Carrots	Tortilla	Cantaloupe
PM Snack				Fruit Salsa	
Select 2 components	Breadsticks	Yogurt	Tomato Soup	HM Baked Corn Tortillas	HM Chili Bean Dip
	Marinara Sauce	Raspberries Granola	Macaroni Noodles Oyster Crackers	Strawberries/Kiwi/Orange	Baked potato

* Whole milk is provided for children 12-23 months and 1% or skim milk will be provided for all children 24 months and older.

Water is offered with all meals.

All juices served are 100% fruit juice.

All cheeses are low-fat.

This institution is an equal opportunity provider.

Menu 2 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Cheese Omelet			Breakfast Sandwich
Grain/Bread	Cheerios		Waffles	Whole Wheat Toast	Whole Wheat English Muffin
Fruit/Veggie	Bananas	Red, Green Peppers/Salsa	Raspberries	Banana	Oranges
Meat/Meat Alt.		Eggs/Cheese		Scrambled Eggs	Canadian Bacon
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
Lunch	Cosmic Wrap	HM Hawaiian Pizza	HM Chili Mac	Baked Ham	Chicken Quesadillas
Grain/Bread	Whole Wheat Tortilla	Pizza Crust	Whole Wheat Pasta	Whole Wheat Roll	Flour Tortilla
Meat/Meat Alt.	Ground Beef	Cheese/Ham	Ground Turkey	Ham	Chicken/Cheese
Fruit/Veggie #1	Lettuce/Tomato	Pizza Sauce/Pineapple	Kidney Beans	Green Beans	Black Beans
Fruit/Veggie #2	Cucumber	Sugar Snap Pea Pods	Apple Wedges	Strawberries	Mango
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
AM Snack		Purple Party Parfait			
Select 2 components	Apple Slices	Fat-Free Yogurt	Apple Slices	Bran Muffin	HM Hummus
	Nut Butter	Berries	Almond Butter	Tangerine	Celery Stick
PM Snack		Bean Burrito			
Select 2 components	Tuna Salad	Whole Grain Tortilla	Kiwi	Sweet Potato	Cheese
	Pita pocket	Refried Beans	String Cheese	Pineapple	Whole Grain Crackers

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Menu 3 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fun In The Sun Split		Breakfast Burrito		Cheese
Grain/Bread	Cheerios	Pancakes	Whole Wheat Tortilla		Flour Tortilla
Fruit/Veggie	Banana/Pineapple/Strawberries	Blueberries	Spinach/Broccoli/Tomato	Raspberries	Baked apples
Meat/Meat Alt.			Eggs	Yogurt	
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
Lunch	Baked Ham	HM Tuna Casserole	HM Sloppy Joes	Baked Pork Loin	Shredded Beef Burritos
Grain/Bread	Whole Wheat Roll	Egg Noodles	Whole Wheat Bun	Whole Wheat Roll	Whole Wheat Tortilla
Meat/Meat Alt.	Ham	Tuna	Ground Turkey	Pork Loin	Shredded Beef
Fruit/Veggie #1	Green Beans	Peas/Celery	Tomato Sauce	Roasted Potatoes	Salsa/Lettuce/Tomato
Fruit/Veggie #2	Sweet Potatoes	Mandarin Oranges	Baked Beans	Applesauce	Mixed Fruit
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
AM Snack	English Buddy			Pumpkin Oatmeal	
Select 2 components	English Muffin/Nut Butter	Cottage Cheese	Bagel w/Fat-Free Cream Cheese	Oatmeal	Hard Boiled Eggs
	Strawberries/Blueberries	Peaches	Banana	Pumpkin Puree	Oranges
PM Snack	HM Chili	Waldorf Salad			
Select 2 components	Cornbread	Yogurt	Baked Potato	Wheat Thins	Whole Wheat Pita
	Kidney Beans/Ground Turkey	Strawberries/Melon	Cheese	String cheese	Hummus

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Mixed Fruit = peaches, pineapple, pears, and grapes.

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Menu 4 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					French Toast
Grain/Bread	Whole Wheat Bread		Oatmeal	Whole Wheat English Muffin	Whole Wheat Bread
Fruit/Veggie	Bananas	Apricots	Strawberries	Cantaloupe	Raspberries
Meat/Meat Alt.	Peanut Butter	Scrambled Eggs		Hard Boiled Eggs	
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
Lunch	HM Breaded Tilapia	HM Baked Chicken	HM Vegetable Lasagna	Turkey Dinner	Chili
Grain/Bread	Wild Rice	Whole Wheat Roll	Noodles	Whole Wheat Bread	Cornbread
Meat/Meat Alt.	Tilapia	Chicken	Cheese	Turkey w/Gravy	Ground Beef
Fruit/Veggie #1	Green Beans	BBQ Beans	Tomato Sauce/ Broccoli/Carrots	Corn	Kidney Beans
Fruit/Veggie #2	Mandarins	Apple Slices	Grapes	Mashed Potatoes	Pineapple
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
AM Snack	Jicama Mango Salad				
Select 2 components	Mango/Jicama	Sting Cheese	Rice Cakes	Tortilla	Crepes
	Whole Grain Crackers	Cucumbers	Plums	Peanut Butter	Spiced Apple Topping
PM Snack		Cheese Quesadilla			
Select 2 components	Whole Wheat Bread	Whole Wheat Tortilla	Sweet Potato Hummus	Berries	Grapes
	Chicken Salad	Cheese	Carrot Sticks	Yogurt	Carrots

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Fruit Salad = green apples, pears, and strawberries.

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Menu 5 of 5 Date: _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					Ham slices
Grain/Bread	Cream of Wheat	Whole Wheat Tortilla	Waffle	Life Cereal	Whole Wheat English muffin
Fruit/Veggie	Mandarin oranges	Bell Peppers/Potatoes	Apple sauce	Banana	Nectarines
Meat/Meat Alt.		Eggs			
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
Lunch	HM Chicken Salad	Beef Roast	T-Rex Pizza	Shepherd's Pie	HM Fish Tacos
Grain/Bread	Whole Wheat Bread	Whole Wheat Dinner roll	Whole Grain Tortilla	Whole Wheat Roll	Whole Wheat Tortilla
Meat/Meat Alternate	Chicken Salad	Roast Beef	Shredded Chicken	Ground Beef	Fish Fillet
Fruit/Veggie #1	Broccoli	Baby Carrots	Corn	Mashed Potatoes, Peas, Carrots	Sugar Snap Pea Pods
Fruit/Veggie #2	Cantaloupe	Green Grapes	Salsa	Pineapple	Pears
Milk	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*	Whole/1%*
AM Snack			HM Chicken Soup		
Select 2 components	Frozen Banana	String Cheese	Chicken	Cheese Cubes	Potato Salad
	Greek Yogurt	Cantaloupe	Oyster Crackers	Watermelon	Triscuits
PM Snack		Fruit Sushi			
Select 2 components	Cheese Cubes	Whole Wheat Bread	Hummus	Fresh Fruit Smoothie (Banana, Strawberries, Pineapple)	Cornbread
	Apple Slices	Peanut Butter/Strawberries	Carrots Sticks	Pretzels	Apple Slices

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All juices served are 100% fruit juice.

Mixed Vegetables = corn, carrots, green beans, and peas.

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