

# Sample Menu

	MONDAY	TUESDAY	WEEDSDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					
Bread	Grits	Malt-O-Meal	Cornflakes	Cheerios	Pancakes
Fruit/Veg	Peaches	Blueberries	Orange Slices	Orange Juice	Applesauce
Milk*	Milk	Milk	Milk	Milk	Milk
<b>LUNCH</b>					
Bread	WG Bread	Taco Shell	WG Bread	Pasta Alfredo	WG Bun
Meat or Alternate	Turkey Deli Meat	Refried Beans	Ham Deli Meat	Chicken	Ground Beef-burger
Vegetable	Apricots	Lettuce & tomato	Green Beans	Broccoli	French Fries
Fruit/Veg	Sugar Snap Peas	Applesauce	Mandarin Oranges	Pears	Kiwi
Milk*	Milk	Milk	Milk	Milk	Milk
<b>PM SNACK choose 2</b>					
Bread	Saltine Crackers	WG Toast	Graham Crackers	Cheese Crackers	
Meat or Alternate					Hard Boiled Egg
Fruit/Veg	100% Apple Juice	Orange Slices		Tomato Soup	
Milk*			Milk	Milk	Milk
Other		Water			

\* The fat content of milk for children ages two and above must be 1% or fat free (Skim)  
 Children from 12 to 24 months must have whole milk (Vitamin D)