

Sample Menu

	MONDAY	TUESDAY	WEDESDAY	THURSDAY	FRIDAY
BREAKFAST					
Bread	Raisin Bran	Cheerios	Oatmeal	English Muffin	Cinn Toast Crunch
Fruit/Veg	Apple Slices	Grapes	Blueberries	Applesauce	Orange Slices
Milk*	Milk	Milk	Milk	Milk	Milk
LUNCH					
Bread	WG Bread	Pasta - Spaghetti	WG Bread	White	WG Bread
Meat or Alternate	Chicken	Ground Beef	Baked Fish Fillet	Ham Deli Meat	Tuna
Vegetable	Green Beans	Pineapples	French Fries	Jell-O With Fruit	Broccoli
Fruit/Veg	Mashed Potatoes	Tomato Sauce	Watermelon	Cucumbers	Mixed Fruit
Milk*	Milk	Milk	Milk	Milk	Milk
PM SNACK choose 2					
Bread	Saltine Crackers			WG Toast	Cereal Bar
Meat or Alternate	Peanut Butter	Turkey Deli Meat	Scrambled Egg		
Fruit/Veg	Banana	Apple Slices	Orange Slices		100% Grape Juice
Milk*				Milk	
Other	Water	Water	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)

