

SAMPLE MENU

	MONDAY	TUESDAY	WEEDSDAY	THURSDAY	FRIDAY
BREAKFAST					
Bread	Oatmeal	Biscuit	English Muffin	Cream of Wheat	French Toast
Fruit/Veg	Apple and Raisins	Strawberries	Mandarin Oranges	Banana	Mixed Fruit
Milk*	Milk	Milk	Milk	Milk	Milk
LUNCH					
Bread	Mac & Cheese	White Bun	WG Bread	Roll	Corn Bread
Meat or Alternate	Chicken - Baked	Ground Beef - burger	Fish sticks	Chicken - Grilled	Bean Soup
Vegetable	Peas	Corn	Green Beans	Salad	Cabbage
Fruit/Veg	Baked Potatoes	Apple slices	Pears	Pineapples	Applesauce
Milk*	Milk	Milk	Milk	Milk	Milk
PM SNACK choose 2					
Bread	Pretzels	Rice	Animal Crackers	Oatmeal Cookie	Cheese Crackers
Meat or Alternate	Cheese Slices				
Fruit/Veg	Apples		100% Mixed Berry		100% Orange Juice
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)