

Sample Menu

Breakfast

Lunch

Monday Bagels & Cream Cheese Apple Juice Milk Snack - Fruit & Milk	Turkey Hot Dogs Baked Beans Sauerkraut Diced Pears Milk
Tuesday French Toast Pineapple Orange Juice Milk Snack - Fruit & Milk	Chicken Nuggets Rice Broccoli Pineapple Tidbits Milk
Wednesday Oatmeal with Cinnamon Orange Juice Milk Snack - Fruit & Milk	Macaroni & Cheese Spinach Diced Peaches Milk
Thursday Cheerios & Raisins Grape Juice Milk Snack Cookies & Milk	Tuna Salad on Whole Wheat Pickle Chips Fruited Jell-O Milk
Friday Rice Krispi Apple Juice Milk Snack - Crackers & Milk	Ravioli B&V Cauliflower Apricots Milk

MEAL PATTERNS

BREAKFAST - Milk, fluid, juice or fruit or vegetable, bread or bread alternate (including cereal) other foods.

LUNCH - Milk, fluid, meat or meat or meat alternate, vegetables and or fruits (two or more) bread or bread alternate, other foods.

SNACK - (Select two of these four components) milk, fluid, juice, or fruit or vegetable, bread or bread alternate (including cereal) meat or meat alternate.

SUBJECT TO CHANGE WITHOUT NOTICE