

Example Menus

Week 2

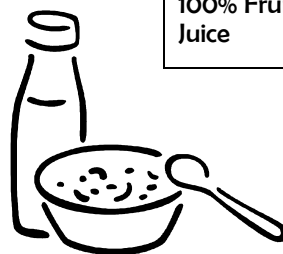


Week 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Apple Juice	Orange Juice (C)	Fruit Cup	Orange Juice (C)	Banana
Whole Grain Waffle with syrup	Ready-to-Eat Whole Grain Cereal	Whole Grain Toast/Jelly	Ready-to-Eat Whole Grain Cereal	Toasted Whole Grain Bagel
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Lunch/Supper				
Tortilla & Cheese Casserole	Chicken Nuggets	Tuna Salad in Mini Pocket Pita	English Muffin Pizza (Tomato Sauce, chopped fresh veggies, mozzarella cheese) (C)	Pasticcio (Baked macaroni with beef & cheese)
Black Beans	Enriched Bread	Vegetable Soup (A & C)	Seasoned Peas & Carrots (A)	
Fresh Green Salad	Creamed Corn	Sliced Cucumber	Pineapple Chunks (C)	Pear Half
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Snacks				
Graham Crackers	Oatmeal Cookies	Apple Slices w/Peanut Butter	Cottage Cheese w/Sliced Peaches (A)	Granola Bar
Tangerines (C)				
Water	* Fluid Milk	Water	Water	100% Juice

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Bananas	Orange Juice (C)	Orange/Pineapple Juice (C)	Pineapple Juice (C)	Scrambled Egg, Potato, Flour Tortilla (Fe) (C)
Ready-to-Eat Whole Grain Cereal	Oatmeal	Whole Wheat Toast/Jelly	Ready-to-Eat Whole Grain Cereal	
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Lunch/Supper				
Meat Sauce & Spaghetti	Chicken Chalupa (diced chicken, cheese, enriched chalupa shell)	Frankfurters All beef, turkey, no extenders or fillers	Fish Sticks	Peanut Butter & Honey on Whole Wheat Bread
Broccoli (fresh or frozen) (A & C)	Lettuce & Tomato (C)	Enriched Hot Dog Bun	Enriched Bread	
Fruit Cup	Peach Half (A)	Oven Fries	Corn & green chili casserole (C)	Carrot & Celery Sticks (A)
* Fluid Milk	* Fluid Milk	Apple Wedges	Fresh Spinach & Tomato Salad (A & C)	Mandarin Oranges (C)
			* Fluid Milk	* Fluid Milk
Snacks				
Peanut Butter & Raisin Cookie	Deviled Eggs	Fruit Cocktail	Melba Toast w/Pimento Cheese	Vanilla Yogurt with Fruit
100% Fruit Juice	Saltine Crackers	Graham Crackers		
	Water	Water	Water	Water

- ★ *Serve nonfat or 1% fluid milk to children 2 years of age and older. Serve whole milk to children 1 year to 2 years of age.
- ★ (A) Good Source Vitamin A
- ★ (C) Good Source Vitamin C





Example Menus

Week 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Bananas	Orange Juice (C)	Applesauce	Pineapple Juice (C)	Orange/Pineapple Juice (C)
Cinnamon Toast	Ready-to-Eat Whole Grain Cereal	Pancakes/Syrup	Ready-to-Eat Whole Grain Cereal	Oatmeal
* Hot Chocolate made with Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Lunch/Supper				
Cheese Pizza	Beef Enchiladas (beef, cheese, whole grain corn tortilla)	Fish Sticks WW Bread	Grilled Cheese Sandwiches	Baked Lasagna
Lettuce & Tomato Salad (C)	Pinto Beans	Baked Acorn or Winter Squash (A)	Tomato Soup	Seasoned Green Beans
Apricot Half (A)	Peach Half (A)	Oven Tatar Tots	Green & Red Pepper Strips (A & C)	Mandarin Oranges (C)
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Snacks				
Whole Grain Granola Bar	Unsalted Saltine Crackers	Graham Crackers	Melba Toast w/Pimento Cheese	Raw Vegetables served in Ice Cream Cone Vegetable Dip
100% Fruit Juice	Fresh Pear	Fruit Cocktail	Water	Water

Week 4

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Apple Juice	Orange Juice (C)	Grape Juice	Banana	Fruit Cup
Ready-to-Eat Whole Grain Cereal	Whole Grain Toast	Scrambled Egg on Enriched Flour Tortilla	Ready-to-Eat Whole Grain Cereal	Cinnamon Toast
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Lunch/Supper				
Turkey Breast Sandwiches on Whole Wheat Bread	Chicken Nuggets	Beef Stew (tomato sauce, potato, carrots) (A&C)	Hamburgers Lean beef patty, Enriched Bun	Stuffed Shells (enriched pasta shells, cheese, tomato sauce) (C)
Tomato Slices (C)	Enriched Bread	Corn Muffins	Lettuce, tomato (C), pickle	Spinach Salad (A)
Fresh Green Salad	New Potatoes	Sliced Cucumber	Oven Tator Tots (C)	Pear Half
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Snacks				
Homemade Pumpkin Cookies (A)	Animal Crackers	Crackers w/Cheese Slices	Ants-On-A-Log (Celery, PB, raisins)	Whole Grain Granola Bar
* Fluid Milk	* Fluid Milk	Water	Water	100% Juice

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- ☼ (A) Good Source Vitamin A
- ☼ (C) Good Source Vitamin C



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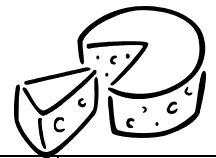


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Pineapple Juice (C)	Orange Juice (C)	Pineapple Juice (C)	Grape Juice	Banana
Ready-to-Eat Whole Grain Cereal	Whole Grain Toast/Jelly	French Toast/Syrup	Biscuits/Jelly	Ready-to-Eat Whole Grain Cereal
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Lunch/Supper				
Crunchy Chinese Tuna Salad w/Chow Mein Noodles	Beef Tacos ground beef; cheese; enriched or whole grain taco shell	Chicken & Noodle Casserole	Peanut Butter & Honey on Whole Wheat Bread	Cheese Pizza
Gingered Carrots (A)	Lettuce & Tomato (C)	Mixed Vegetables (A)	Red & Green Pepper Strips (C)	Mixed Green Salad (A)
Fruit Cup	Pinto Beans	Celery Bites	Cinnamon Apple Sauce	Apricot Halves (A)
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Snacks				
Avocado Slices (A)	Crackers w/Cheese Slices	Homemade Oatmeal Cookies	Chex Cereal Mix	Granola Bar
Whole Grain Tortilla Chips			Red or Green Grapes	
Water	Water	* Fluid Milk	Water	Orange Juice (C)

Week 5



Week 6



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast				
Orange Juice (C)	Orange/Pineapple Juice (C)	Grape Juice	Applesauce	Banana
Ready-to-Eat Whole Grain Cereal	Whole Grain Toast/Jelly	Toasted Whole Grain English Muffin/Jelly	Oatmeal	Ready-to-Eat Whole Grain Cereal
* Fluid Milk	* Fluid Milk	* Fluid Milk	Hot Chocolate made with * Fluid Milk	* Fluid Milk
Lunch/Supper				
Macaroni & Cheese (HM)	Chili (Fe)	Sweet & Sour Chicken w/Chinese Noodles (A&C)	Sloppy Joe on Enriched Hamburger Buns	Tuna Melt on English Muffin
Seasoned Greens (A & C)	Saltine Crackers	Lettuce & Tomato Salad (C)	Oven Fried Tatar Tots (C)	Mixed Green Salad (A)
Tomato & Cucumber (C)	Mixed Fruit Cup	Stir Fry Vegetables (A & C)	Celery Bites	Tangerines (C)
* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk	* Fluid Milk
Snacks				
Refried Beans on Enriched Flour Tortilla	Sweet Potato Oven Fries (A)	Crackers w/Cheese Cubes	Vanilla Wafers w/Banana Slices	Raw Vegetables served in Ice Cream Cone w/Yogurt dip
Water	* Fluid Milk	Water	Water	Water



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- ✪ (A) Good Source Vitamin A
- ✪ (C) Good Source Vitamin C