

WINTER

MENU 1

Meal Pattern		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk	milk	milk	milk	milk	milk
	juice/fruit/veg	clementines	pineapple	peaches	blueberries	grapes
AM Snack	bread/bread alt.	Kix cereal (Whole Grain Corn)	Rice Chex (Whole Grain Rice)	Cheerios (Whole Grain Oats)	Corn Chex (Whole Grain Corn)	Rice Krispies cereal
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	pretzels	mini bagel	buttered noodles	hard-boiled egg	Whole Grain Wheat toast & margarine
Lunch	milk	milk	milk	milk	milk	milk
	meat/meat alt. veg veg or fruit	meatballs green beans pears	macaroni & cheese mixed veg grapes	fish sticks (pollock) peas bananas	grilled cheese sandwich corn apple slices	hard boiled egg hash browns strawberries
PM Snack	bread/bread alt. extras	pasta noodles tomato sauce	(noodles)	rice	(bread)	french toast sticks syrup, ketchup
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	applesauce	mandarin oranges	water yogurt & blueberries	water cheese & saltines	milk biscuit & margarine
Evening PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	broccoli	bread & margarine	pretzels	mandarin oranges	graham crackers

Milk served to students 12months+ is whole, unflavored milk.