

SUMMER

MENU 4

Meal Pattern

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk	milk	milk	milk	milk
	juice/fruit/veg bread/bread alt.	mandarin oranges Corn Chex (Whole Grain Corn)	pears Rice Krispies	bananas Kix cereal (Whole Grain Corn)	strawberries Rice Chex (Whole Grain Rice)
AM Snack	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	trail mix	Whole Grain Wheat toast	cantaloupe	hard-boiled egg
Lunch	milk	milk	milk	milk	milk
	meat/meat alt. vegetable veg or fruit bread/bread alt. extras	ham slices peas mixed berries macaroni & cheese	sausage hash browns blueberries waffles margarine, syrup	breaded cod sticks carrots watermelon (breading)	meatballs green beans oranges penne pasta spaghetti sauce
PM Snack	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	watermelon	cinnamon swirl bread	grapes	pineapple
Evening PM Snack	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	hard-boiled egg	cheese	pretzels	bread & margarine

Milk served to students 12-24 months is whole, unflavored milk.

Milk served to students 25 months+ is 1% fat, unflavored milk.