

MENU 3

Meal Pattern		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk juice/fruit/veg bread/bread alt.	milk applesauce Cheerios (Whole Grain Oats)	milk mandarin oranges Corn Chex (Whole Grain Corn)	milk banana Rice Krispies or Crispy Rice cereal	milk strawberries Kix cereal (Whole Grain Corn)	milk blueberries Rice Chex (Whole Grain Rice)
AM Snack	milk juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	water cheese and crackers	water pears & yogurt	milk Whole Grain Wheat toast & margarine	milk graham crackers	milk peaches
Lunch	milk meat/meat alt. veg veg or fruit bread/bread alt. extras	milk meatballs mixed vegetables pineapple pasta noodles tomato sauce	milk chicken tenders carrots peaches rice	milk hamburger tater tots peas & carrots bun ketchup	milk grilled cheese sandwich green beans pears (bread)	milk peanut butter sandwich & cheese cubes corn mandarin oranges white bread jelly
PM Snack	milk juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	milk biscuit & margarine	milk applesauce	milk English muffin & margarine	milk pretzels	milk yogurt
Evening PM Snack	milk juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	milk strawberries	milk cheese	milk peaches	milk hardboiled egg	milk grapes

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

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