

SUMMER
Purple Week

MENU 4

Meal Pattern

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

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