

WINTER

MENU 1

Meal Pattern

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	milk	milk	milk	milk	milk	milk
	juice/fruit/veg bread/bread alt.	clementines Kix cereal (Whole Grain Corn)	pineapple Rice Chex (Whole Grain Rice)	peaches Cheerios (Whole Grain Oats)	blueberries Corn Chex (Whole Grain Corn)	grapes Rice Krispies
<b>AM Snack</b>	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	pretzels	mini bagel	buttered noodles	hard-boiled egg	Whole Grain Wheat toast & margarine
<b>Lunch</b>	milk	milk	milk	milk	milk	milk
	meat/meat alt. veg veg or fruit bread/bread alt. extras	meatballs green beans pears penne pasta tomato sauce	turkey burger mixed veg mashed potatoes bun gravy	fish sticks (pollock) peas bananas macaroni & cheese	grilled cheese sandwich corn apple slices (bread)	hard boiled egg hash browns strawberries french toast sticks syrup, ketchup
<b>PM Snack</b>	milk	milk	milk	water	water	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	applesauce	mandarin oranges	yogurt & blueberries	cheese & saltines	biscuit & margarine
<b>Evening PM Snack</b>	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 12-24 months is whole, unflavored milk.**

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