

WINTER MENU 4						
Meal Pattern		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk	milk	milk	milk	milk	milk
	juice/fruit/veg	peaches	pears	bananas	strawberries	blueberries
AM Snack	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)
	milk	milk	milk	water	milk	milk
Lunch	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	graham crackers	Whole Grain Wheat toast & margarine	Broccoli Cheese Soup with crackers	cinnamon swirl bread	mini bagel
	milk	milk	milk	milk	milk	milk
PM Snack	meat/meat alt.	chicken fries	hard-boiled egg	sloppy joe meat	meatballs	mozzarella cheese
	veg	mixed vegetables	hash browns	peas and carrots	green beans	stuffed breadstick
Evening PM Snack	veg or fruit	pears	mixed berries	peaches	pineapple	corn
	bread/bread alt.	(breadding)	waffles	bun	buttered noodles	apple slices
Evening PM Snack	extras	ketchup	syrup, margarine			(breadstick)
	milk	milk	milk	milk	milk	tomato sauce
Evening PM Snack	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	blueberry muffin	applesauce	cornbread	mandarin oranges	hard-boiled egg
	milk	milk	milk	milk	milk	milk
Evening PM Snack	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	biscuit & margarine	cheese	pineapples	pretzels	grapes
	milk	milk	milk	milk	milk	milk

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