

WINTER MENU 4

| Meal Pattern | | Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------|---|---|--|---|--|---|
| Breakfast | milk | milk | milk | milk | milk | milk |
| | juice/fruit/veg bread/bread alt. | peaches Corn Chex (Whole Grain Corn) | pears Rice Krispies or Crispy Rice cereal | bananas Kix cereal (Whole Grain Corn) | strawberries Rice Chex (Whole Grain Rice) | blueberries Cheerios (Whole Grain Oats) |
| AM Snack | milk | milk | milk | water | milk | milk |
| | 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 |
| Lunch | milk | milk | milk | milk | milk | milk |
| | meat/meat alt. veg veg or fruit bread/bread alt. extras | chicken fries mixed vegetables pears (breading) ketchup | hard-boiled egg hash browns mixed berries waffles syrup, margarine | sloppy joe meat peas and carrots peaches bun | beef tacos green beans pineapple flour tortilla | mozzarella cheese stuffed breadstick corn apple slices (breadstick) tomato sauce & dressing |
| PM Snack | milk | milk | milk | milk | milk | milk |
| | juice/fruit/veg OR meat/meat alt. OR bread / bread alt. | blueberry muffin | applesauce | cornbread | mandarin oranges | hard-boiled egg |
| Evening PM Snack | milk | milk | milk | milk | milk | milk |
| | juice/fruit/veg OR meat/meat alt. OR bread / bread alt. | biscuit & margarine | cheese | pineapples | pretzels | grapes |

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

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