

WINTER

## MENU 1

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

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

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