

RED WEEK MENU 2 Winter

	Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk juice/fruit/veg bread/bread alt.	milk applesauce Rice Chex (Whole Grain Rice)	milk blueberries Cheerios (Whole Grain Oats)	milk bananas Corn Chex (Whole Grain Corn)	milk pears Rice Krispies	milk mandarin oranges Kix cereal (Whole Grain Corn)
AM Snack	milk juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	milk hard-boiled egg	milk graham crackers	milk peaches	milk Whole Grain Wheat toast & margarine	water cheese & saltines
Lunch	milk meat/meat alt. veg veg or fruit bread/bread alt. extras	milk fish nuggets mixed veg tater tots (breading) ketchup	milk sausage hash browns strawberries pancakes margarine, syrup	milk popcorn chicken bites corn carrots (breading)	milk meatballs green beans pineapple rigatoni tomato sauce	milk grilled chicken parsley potatoes grapes roll margarine
PM Snack	milk juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	milk mandarin oranges	milk cinnamon-swirl bread	milk pears	milk pretzels	milk applesauce
Evening PM Snack	milk juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	milk bread & margarine	milk cheese	milk pretzels	milk hard-boiled egg	milk cinnamon-swirl bread

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

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