

RED WEEK MENU 2 Winter

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

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

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