

**SUMMER**

**MENU 2**

**Meal Pattern**

**Breakfast**

	Monday	Tuesday	Wednesday	Thursday	Friday
milk	milk	milk	milk	milk	milk
juice/fruit/veg	applesauce	blueberries	grapes	pears	mandarin oranges
bread/bread alt.	Rice Chex (Whole Grain Rice)	Cheerios (Whole Grain Oats)	Corn Chex (Whole Grain Corn)	Rice Krispies	Kix cereal (Whole Grain Corn)

**AM Snack**

milk	water	milk	milk	milk	water
juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	blueberries & yogurt	mini bagel	hard-boiled egg	Whole Grain Wheat toast & margarine	cheese & saltines

**Lunch**

milk	milk	milk	milk	milk	milk
meat/meat alt.	meatballs	hamburger	breaded cod sticks	chicken tenders	sloppy joe meat
vegetable	green beans	corn	peas	mixed vegetables	carrots
veg or fruit	peaches	cantaloupe	mixed berries	mashed potatos	grapes
bread/bread alt. extras	rigatoni tomato sauce	bun ketchup	(breadding)	dinner roll margarine	bun

**PM Snack**

milk	milk	milk	milk	milk	milk
juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	mandarin oranges	watermelon	English muffin & margarine	applesauce	cantaloupe

**Evening  
PM Snack**

milk	milk	milk	milk	milk	milk
juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	bread & margarine	cheese	pretzels	watermelon	pineapple

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

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