

MENU 3

Meal Pattern		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk	milk	milk	milk	milk	milk
	juice/fruit/veg	applesauce	mandarin oranges	banana	strawberries	blueberries
AM Snack	bread/bread alt.	Cheerios (Whole Grain Oats)	Corn Chex (Whole Grain Corn)	Rice Krispies cereal	Kix cereal (Whole Grain Corn)	Rice Chex (Whole Grain Rice)
	milk	water	water	milk	milk	milk
Lunch	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	cheese and crackers	pears & yogurt	Whole Grain Wheat toast & margarine	graham crackers	peaches
	milk	milk	milk	milk	milk	milk
PM Snack	meat/meat alt. veg	meatballs mixed vegetables	chicken tenders carrots	hamburger tater tots	grilled cheese sandwich green beans	peanut butter sandwich & cheese cubes corn
	veg or fruit bread/bread alt. extras	pineapple pasta noodles tomato sauce	peaches rice	peas & carrots bun ketchup	pears (bread)	mandarin oranges white bread jelly
Evening PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	biscuit & margarine	applesauce	English muffin & margarine	pretzels	yogurt
	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	strawberries	cheese	peaches	hardboiled egg	grapes

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