

WINTER MENU 4

Meal Pattern

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk	milk	milk	milk	milk	milk
	juice/fruit/veg bread/bread alt.	peaches Corn Chex (Whole Grain Corn)	pears Rice Krispies	bananas Kix cereal (Whole Grain Corn)	strawberries Rice Chex (Whole Grain Rice)	blueberries Cheerios (Whole Grain Oats)
AM Snack	milk	milk	milk	water	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	graham crackers	Whole Grain Wheat toast & margarine	Broccoli Cheese Soup with crackers	cinnamon swirl bread	mini bagel
Lunch	milk	milk	milk	milk	milk	milk
	meat/meat alt. veg veg or fruit bread/bread alt. extras	meatballs mixed vegetables pears farfalle (bowtie) noodles tomato sauce	hard-boiled egg hash browns mixed berries waffles syrup, margarine	meatloaf peas and carrots peaches rice	beef tacos green beans pineapple flour tortilla	mozzarella cheese stuffed breadstick corn apple slices (breadstick) tomato sauce & dressing
PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	blueberry muffin	applesauce	cornbread	mandarin oranges	hard-boiled egg
Evening PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	biscuit & margarine	cheese	pineapples	pretzels	grapes

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

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