

Week 1

2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	Milk	Milk	Milk	Milk
Bread/Alternative	Whole wheat waffles	Cinnamon toast crunch	Bagel	Wheat chex	Cheerios
Vegetable/Fruit	Apple sacue	Banana	Melon	Berries	Mandarin oranges
Additional Food					
Lunch	Milk	Milk	Milk	Milk	Milk
Protein	Beef hot dogs	Pinto beans	Chicken	Tilapia	Navy beans
Vegetable/Fruit	Baked beans	New potatoes	Green beans	Peas	Carrots
Vegetable/Fruit	Peaches	Grapes	Apples	Pineapple	Kiwi
Bread/ Alternative	wheat bread	Corn bread	Wheat bread	Rice	Bisquits
Additional food					
Snack	Milk	Milk	Milk	Milk	Milk
	Oranges	Brownies	Rice cakes	Graham crackers	Nacho chips Cheese

Week 2

2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	Milk	Milk	Milk	Milk
Bread/Alternative	Toast sticks	Rice krispies	Biscuits	Frosted flakes	Wheat English muffins
Vegetable/Fruit	Apple sauce	strawberry	Oranges	Plums	Apples
Additional Food			Gravy		
Lunch	Milk	Milk	Milk	Milk	Milk
Protein	Hamburgers	Black beans	Pork loin	Lima beans	Cheese
Vegetable/Fruit	French fries	Corn	Peas	Squash	Tomatoes
Vegetable/Fruit	Grapes	Mandarin oranges	Apples	Mango	Mixed fruit
Bread/Alternative	Wheat bread	Brown rice	Corn bread	Macaroni	Wheat bread
Additional food					
Snack	Milk	Milk	Milk	Milk	Milk
	Blueberry muffins	Goldfish	Saltines Cheese	Peach muffin squares	Toasteds

Week 3

2017

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	Milk	Milk	Milk	Milk
Bread/Alternative	Pancakes	Life	Biscuits	Rice krispies	English muffins
Vegetable/Fruit	Apple sauce	Banana	Strawberry	Apples	Mandarin oranges
Additional Food					
Lunch	Milk	Milk	Milk	Milk	Milk
Meat/Alternative	Ground beef	Navy beans	Chicken	Hot dogs	Cod
Vegetable/Fruit	Lettuce/tomato	Carrots	Corn	Cucumber	Green beans
Vegetable/Fruit	Mango	Mixed fruit	Oranges	Watermelon	Cantaloupe
Bread/ Alternative	Taco shells	Wheat bread	Rice	Wheat bread	Wheat bread
Additional food					
Snack	Milk	Milk	Milk	Milk	Milk
	Animal crackers	Apples	Ritz	Banana	Cheez its