

Week 1

2018

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	Milk	Milk	Milk	Milk
Bread/Alternative	Mini wheats	French toast	Honey Oats	pancake	Cin. Toast Crunch
Vegetable/Fruit	Strawberry	Applesauce	Melon	kiwi	banana
Additional Food					
Lunch	Milk	Milk	Milk	Milk	Milk
Protein	cheese	pork	Chicken	Hamburger	Ground Beef
Vegetable/Fruit	Tomato	Peas	Carrot celery	Baked beans	Broccoli
Vegetable/Fruit	Pinto beans	Carrot	Peaches	Mixed fruit	Grapes
Bread/Alternative	Wheat bread	Cornbread	Noodles	rolls	lasagna
Additional food					
Snack	Milk	Milk	Milk	Milk	Milk
	Choc cookies	Cheese crackers	Animal crackers	goldfish	Oatmeal cookies

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	Milk	Milk	Milk	Milk
Bread/Alternative	Raisin bran	Egg frittata	Pancakes	Life	English muffin
Vegetable/Fruit	Pear	Plum	Strawberry	Banana	grapes
Additional Food		cheese			
Lunch	Milk	Milk	Milk	Milk	Milk
Meat/Alternative	taquitos	Cod	Ground Beef	Chicken	Pepperoni
Vegetable/Fruit	Black beans	Green Beans	Corn / Potatoes	Peas	Bell pepper
Vegetable/Fruit	Mandarin Oranges	Apples	Fruit Cocktail	Carrots	oranges
Bread/ Alternative	Brown rice	Rolls	Biscuit	Rice	tortilla
Additional food					
Snack	Milk	Milk	Milk	Milk	Milk
	Pizza rolls	Graham crackers	Rice crisp	apples	Choc chip cookie

Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	Milk	Milk	Milk	Milk
Bread/Alternative	Cin toast crunch	Biscuit	Waffles	Cheerios	Muffin
Vegetable/Fruit	Pear	orange	Melon	Kiwi	Strawberry
Additional Food		sausage			
Lunch	Milk	Milk	Milk	Milk	Milk
Protein	Meatballs	Cheese	Ground beef	Chicken	Turkey/ham
Vegetable/Fruit	Corn	Green beans	Tomato	Mixed fruit	Tater tots
Vegetable/Fruit	Apples	peaches	Mango	zucchini	Pineapple
Bread/ Alternative	pasta	macaroni	taco	White rice	Wheat bread
Additional food					
Snack	Milk	Milk	Milk	Milk	Milk
	Pretzels	Brownie	banana	Goldfish	Chefs choice