

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p>Turkey Frittata¹ and Grapefruit Wedges with Milk</p>	 <p>Ready to Eat Cereal and Banana Slices with milk</p>	<p>WG Waffle² and Apple Sauce with Milk</p>	 <p><u>Cranberry Orange Muffin</u> and Orange Wedges with Milk</p>	<p>Yogurt¹ and Frozen Berries with Milk</p>
Lunch/ Supper	 <p>Hamburger, Baked Potato, and Honeydew Melon with Milk</p>	<p>Diced Baked Chicken Breast, WG² Bread Slice, Salad with Tomatoes, and Diced Peaches with Milk</p>	 <p>Pasta Salad and Cantaloupe Chunks with Milk</p>	<p>Quesadilla, Refried Beans, and Canned Pears with Milk</p>	<p>Cheese Squares, Multigrain Crackers, Carrots with Dip, 100% Apple Juice with Milk</p>
Snack	<p>Peanut Butter and Toast</p>	 <p>Milk and Graham Crackers</p>	<p>String Cheese and Cucumbers</p>	<p>Animal Crackers and Pineapple Tidbits</p>	 <p>Hummus and Zucchini</p>

Whole, unflavored milk for children 1-2 years old, 1% or non-fat unflavored milk for children 2-5 years old must be served at breakfast, lunch and supper.

¹Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

²WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

For complete meal patterns please go to www.fns.usda.gov.



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 <p>Applesauce and Pancakes with Milk</p>	<p>Strawberries and Cheerios with Milk</p>	<p>Sliced Grapes and WG² Bagel with Cream Cheese with Milk</p>	 <p>Rainbow Fruit Medley and Oatmeal with Milk</p>	<p>Sliced Bananas and WG² English Muffin with Milk</p>
Lunch/ Supper	<p>Beef and Mushroom Stir Fry, <u>Indian Pilaf</u>, Peas, and Pineapple Bits with Milk</p>	 <p>Baked Chicken, Brown Rice, Broccoli, and Frozen Berry Mix with Milk</p>	<p>Cheese Quesadilla, Sweet potato fries, and Melon Cubes with Milk</p>	<p><u>Chicken Chalupa</u>, and Apple Slices with Milk</p>	 <p><u>Fish Roll-Up</u>, Dinner Roll, and Orange Wedges with Milk</p>
Snack	 <p>WG² Bagel and Canned Pears</p>	<p>Yogurt and Diced Peaches</p>	 <p>Muffin and Orange Wedges</p>	<p>Brown Rice Cake and Sunbutter Spread</p>	<p>Carrots with Dip and String cheese</p>

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Breakfast	 <p>Grapefruit and Oatmeal with Milk</p>	<p>Frozen Berries with Yogurt and Hard Boiled Egg¹ with Milk</p>	 <p>Diced Peaches and WG² Bagel with Cream Cheese with Milk</p>	<p>Oranges and Waffles with Syrup with Milk</p>	<p>Apple and WG² English Muffin with Jam with Milk</p>
Lunch/ Supper	<p><u>WG² Tortillas and Cheese Casserole, Broccoli, and Orange Wedges with Milk</u></p>	 <p><u>Tuscan Style Pasta with Cannellini, Sweet Potato, and Banana with Milk</u></p>	<p><u>Baked Chicken, Leek and Mushroom Orzo, Carrots, and Pear with Milk</u></p>	 <p><u>Tuna Sandwich, Spinach Salad with Radish, and Pineapple Tidbits with Milk</u></p>	<p>Teriyaki Seasoned Turkey Breast, Seasoned Brown Rice, Beets, and Honeydew Melon with Milk</p>
Snack	<p>Sliced Cucumber with Balsamic Vinaigrette, and 100% Juice</p>	<p><u>Cereal Munch Mix</u></p>	 <p>WG² Tortilla Chips and <u>Black Bean Hummus</u></p>	<p>Yogurt and Grapes</p>	 <p>Hummus with Carrots and Celery Sticks</p>

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Sample Menu for Adult B

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<p><u>WG² Tortilla with Egg and Cheese, and Apple with Milk</u></p>  <p>Cream of Wheat with <u>Rainbow Fruit Medley with Milk</u></p>	<p>Ready to Eat Cereal and Peaches with Milk</p>  <p><u>Cranberry Granola with Yogurt and Banana with Milk</u></p>	<p>WG Pancakes² with Turkey Sausage¹ and Diced Pears with Milk</p>		
Lunch/ Supper	<p>Chicken Patty on Whole Wheat Bun, <u>Cherry Tomato and Corn Salad</u>, and Honeydew Melon with Milk</p>	<p>Turkey and Cheese Sandwich, Celery Sticks, and Fruit Cocktail with Milk</p>  <p>Beef Meatballs, WG Spaghetti with sauce, Salsa, and Pineapple Tidbits with Milk</p>	<p><u>Tuna Chow Mein Casserole, Chinese Mixed Vegetables,</u> and Oranges with Milk</p>  <p>Chicken, <u>Indian Pilaf, Curry Vegetables,</u> and 100% Apple Juice with Milk</p>		
Snack	 <p>WG² Crackers and Cheese Cubes</p>	<p>Carrots and Hummus</p>	<p>Celery with Peanut Butter and Raisins</p>  <p>Zucchini with Ranch Dressing and Soft Pretzel</p>	<p>Peaches and Yogurt</p>	

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