

Menu Week 1 spring/summer April-Sept

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Grain/meat or Equiv. Milk 1%-age 2+ Whole (Todds 1) Fruit or Vegetable	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Crackers String cheese Water	Belvita oranges ©	Applesauce © Graham crackers Water	Peaches @ Pretzels Water	Boiled egg Crackers Water
Lunch: Meat or Equivalent Grain Fruit and Veg or 2 Veg Milk 1%/whole (Todd)	Chicken Salad on Mini buns Apples © Broccoli © Milk	Turkey & cheese wraps on flour tortilla Carrots@ Cantaloupe @ Milk	Lasagna (ground turkey, pasta, spaghetti sauce©, Mozz., cheese, cottage cheese) salad @ Mandarin oranges © Milk	Wacky pasta with chicken Peas and carrots @ Strawberries © Milk	Roast beef and Cheese sandwich on Mini buns melon © olives/cucumber Milk
PM Snack: choose 2 Milk 1% age 2+ Whole (Todds 1) Grain Fruit or Vegetable Meat or Equivalent	Pita bread Refried beans water	Cottage cheese Pears	Bagel w/ cream cheese Banana @ Water	Carrots @ Yogurt Water	Cereal Milk

Menu Week 2 spring/summer May-Sept

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Grain Milk 1% age 2+ Whole (Todd 1) Fruit or Vegetable	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Bagel w/cream cheese Carrots @ Water	Cottage Cheese Pineapple © Water	Yogurt crackers Water	Boiled eggs crackers Water	Apples © Cheese Water
Lunch: Milk 1% age 2+ Whole (Todds 1) Meat or Equivalent Grain (2) Fruit/Vegetable	Chicken Burgers Broccoli © bananas Milk	Pasta Salad with chicken and cheese Peas @ Melon © Milk	Macaroni and Cheese Peas and carrots Applesauce © Milk	Meat balls Mashed Potato Broccoli © peaches cheese bread Milk	Tuna salad on slider buns Olives Oranges © Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Apple slices © cracker Water	Pita bread refried beans water	Pretzels Oranges © water	Pears © Graham crackers Water	Cereal Milk

Menu Week 3 spring/summer May-Sept

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Grain Milk 1%age 2+ Whole (Todds 1) Fruit or Vegetable	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	carrots String cheese Water	Pita bread Refried beans Water	Animal crackers pears	Apples (fresh or sauce) Cheese Water	fruit cocktail © crackers Water
Lunch: Milk 1% age 2+ whole (Todds 1) Meat or Equivalent Grain (2) Fruit/Vegetable	Teriyaki Chicken rice peas @ Olives Milk	Pizza Salad © bananas Milk	Spaghetti © Green beans © Peaches @ Milk	Chicken Wraps Spinach salad © oranges © Milk	Turkey and Cheese Sandwich Broccoli© Pineapple © Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Bread sticks Berries © Water	Bagel w/cream cheese Carrots @ Water	Pita Bread Boiled eggs Water	Mixed berries @ crackers Water	Cereal Milk

Menu Week 4 spring/summer May-Sept

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
Breakfast: Grain Milk 1% age 2+ whole (Todds 1) Fruit or Vegetable	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk	Choice of cereal fruit Milk
AM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Cottage Cheese Pineapple © Water	Carrots @ with ranch String Cheese Water	crackers Melon Water	Graham Crackers Apples (fresh or sauce) Water	Cheddar cheese ritz Water
Lunch: Milk 1% agec2+ whole (Todds 1) Meat or Equivalent Grain (2) Fruit/Vegetable	Bean/Cheese Burrito (pinto beans, shredded cheese, on flour tortilla) Corn Peaches @ Milk	Fish sticks dinner roll Bananas @ green beans © Milk	Taco salad (salad mix, ground turkey, black beans, cheese, tortilla chips, salsa) {taco for T1} Mandarin oranges © Milk	Chicken and Rice casserole peas and carrots @ fruit cocktail © Milk	Turkey and cheese sandwich on Mini Buns Cantaloupe @ Broccoli © Milk
PM Snack: choose 2 Dairy Grain Fruit or Vegetable Meat or Equivalent	Apple slices © Wheat thins Water	Oranges © Gold Fish Water	Pretzels Yogurt Water	Begals cream cheese berries ©	Cereal Milk