



Five Day Menu

Week of: September 2, 2019



Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack (serve 2 of these 5 components) M/MA: Cheese F/V: Apple Juice G/B: Wheat Crackers Milk: Other:	A.M. Snack (serve 2 of these 5 components) M/MA: F/V: Banana G/B: Milk: Skim Milk Other:	A.M. Snack (serve 2 of these 5 components) M/MA: F/V: Orange Juice G/B: Whole Wheat Chips Milk: Other:	A.M. Snack (serve 2 of these 5 components) M/MA: F/V: Apple Slices G/B: Milk: Skim Milk Other:	A.M. Snack (serve 2 of these 5 components) M/MA: F/V: G/B: Granola Bar Milk: Skim Milk Other:
Breakfast M/MA: F/V: Apple Sauce G/B: Frosted Mini Wheat Cereal Milk: Skim Milk Other:	Breakfast M/MA: F/V: Pears G/B: Oatmeal Milk: Skim Milk Other:	Breakfast M/MA: F/V: Pineapple G/B: Life Cereal Milk: Skim Milk Other:	Breakfast M/MA: F/V: Grits, Apple Sauce G/B: Milk: Skim Milk Other:	Breakfast M/MA: F/V: Orange Slices G/B: Rice Krispies Cereal Milk: Skim Milk Other:
Lunch M/MA: Sausage, Cheese F/V: Green Beans, Pineapple G/B: Pizza Crust Milk: Skim Milk Other:	Lunch M/MA: Ground Turkey F/V: Tater Tots, Apple Sauce G/B: Whole Wheat Bun Milk: Skim Milk Other: Sloppy Joe Sauce	Lunch M/MA: Ground Beef F/V: Salad, Orange Slices G/B: Whole Wheat Torilla Milk: Skim milk Other:	Lunch M/MA: Ground Beef, F/V: Peas, Pineapples G/B: Whole Wheat Spaghetti Milk: Skim Milk Other:	Lunch M/MA: Turkey Slices, Cheese F/V: Broccoli, Apple Sauce G/B: Whole Wheat Bread Milk: Skim Milk Other:
P.M. Snack (serve 2 of these 5 components) M/MA: F/V: Apple Juice G/B: Pretzels Milk: Other:	P.M. Snack (serve 2 of these 5 components) M/MA: F/V: G/B: Graham Crackers Milk: Skim Milk Other:	P.M. Snack (serve 2 of these 5 components) M/MA: Trail Mix F/V: Apple Juice G/B: Milk: Other:	P.M. Snack (serve 2 of these 5 components) M/MA: String Cheese F/V: G/B: Wheat Crackers Milk: Other: Water	P.M. Snack (serve 2 of these 5 components) M/MA: F/V: Apple Juice G/B: Pretzels Milk: Other:

M/MA: Meat/Meat Alternate – may be served in Place of the entire grains component at breakfast a maximum of three times per week.
F: Fruit – may substitute fruit with an additional serving of vegetable at lunch and supper.
V: Vegetable – when two vegetables are served, they must be two different kinds of vegetables.
G/B: Grain/Bread – at least one serving of grains per day must be whole grain (WG) rich.
Milk: Age 1 year – unflavored whole milk.
 Ages 2-5 years – unflavored low-fat milk or unflavored fat-free milk.
 Ages 6 years and older – unflavored low-fat milk or unflavored fat-free or flavored fat-free milk.
Other: Additional items served but not necessary to meet meal pattern requirements.