

*** Five Day Menu

5th Week of Month ***

Monday	Tuesday	Wednesday	Thursday	Friday
A.M. Snack (serve 2 of these 5 components) M/MA: Cheese F/V: Apple Juice G/B: Whole Wheat Crackers Milk: Other:	A.M. Snack (serve 2 of these 5 components) M/MA: F/V: Banana G/B: Milk: Skim/Soy/Whole Milk Other:	A.M. Snack (serve 2 of these 5 components) M/MA: F/V: Orange Juice G/B: Whole Wheat Tortilla Chips Milk: Other:	A.M. Snack (serve 2 of these 5 components) M/MA: F/V: Apple Slices G/B: Milk: Skim/Soy/Whole Milk Other:	A.M. Snack (serve 2 of these 5 components) M/MA: Yogurt F/V: G/B: Corn Chex Milk: Skim/Soy/Whole Milk Other:
Breakfast M/MA: F/V: Applesauce G/B: Berry Berry Kix Cereal Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: F/V: Pears G/B: Brn-Sug Oatmeal Squares Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: F/V: Pineapple G/B: Crunchy Honey Oats Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: F/V: Mixed Fruit G/B: Cinnamon Chex Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: Ham Chunks F/V: Onion, Orange Slices G/B: Whole Grain Rice Milk: Skim/Soy/Whole Milk Other:
Lunch M/MA: Beef Chunks F/V: Peas, Mashed Potatoes G/B: Whole Wheat Bread Milk: Skim/Soy/Whole Milk Other: Beef Gravy	Lunch M/MA: Ham Cheddar Cheese F/V: String Beans, Mixed Fruit G/B: Whole Wheat Macaroni Milk: Skim/Soy/Whole Milk Other:	Lunch M/MA: Chicken F/V: Mixed Vegetables, Pineapples G/B: Whole Grain Rice Cornbread Milk: Skim/Soy/Whole Milk Other: Chicken Broth, Gravy	Lunch M/MA: Ground Turkey, Cheddar Cheese F/V: Shredded Lettuce, Salsa, Orange Slices G/B: Whole Wheat Tortilla Milk: Skim/Soy/Whole Milk Other:	Lunch M/MA: Hamburger F/V: Broccoli, Applesauce G/B: Whole Wheat Bun Milk: Skim/Soy/Whole Milk Other:
P.M. Snack (serve 2 of these 5 components) M/MA: F/V: Orange G/B: Pretzels or Snack Crackers (Inf/Tod) Milk: Other: Water	P.M. Snack (serve 2 of these 5 components) M/MA: Trail Mix or F/V: G/B: Whole Grain Animal Crackers (Inf/Tod) Milk: Skim/Soy/Whole Milk Other:	P.M. Snack (serve 2 of these 5 components) M/MA: String Cheese or Ham Slice (Inf/Tod) F/V: G/B: Whole Wheat Crackers Milk: Other: Water	P.M. Snack (serve 2 of these 5 components) M/MA: F/V: G/B: Graham Cracker Milk: Skim/Soy/Whole Milk Other:	P.M. Snack (serve 2 of these 5 components) M/MA: F/V: Apple Juice G/B: Sun Chips 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. Juice is limited to once per day.
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.