

*** Five Day Menu

1st & 3rd Weeks 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: Frosted Mini Wheat Cereal Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: F/V: Pears G/B: Oatmeal Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: F/V: Pineapple G/B: Life Cereal Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: F/V: Peaches G/B: Grits Milk: Skim/Soy/Whole Milk Other:	Breakfast M/MA: F/V: Orange Slices G/B: Rice Krispies Cereal Milk: Skim/Soy/Whole Milk Other:
Lunch M/MA: Baked Chicken F/V: Corn, Mashed Potatoes G/B: Whole Wheat Bread Milk: Skim/Soy/Whole Milk Other:	Lunch M/MA: Ground Turkey, Mozzarella Cheese F/V: Spinach, Applesauce G/B: Whole Grain Rice Milk: Skim/Soy/Whole Milk Other:	Lunch M/MA: Ground Beef, Cheddar Cheese F/V: Peas, Mixed Fruit G/B: Whole Wheat Macaroni Milk: Skim/Soy/Whole Milk Other:	Lunch M/MA: Ground Turkey, F/V: French Fries, Orange Slices G/B: Whole Wheat Bun Milk: Skim/Soy/Whole Milk Other: Sloppy Joe Sauce	Lunch M/MA: Peanut Butter or Turkey F/V: Broccoli, Applesauce G/B: Whole Wheat Bread Milk: Skim/Soy/Whole Milk Other: Grape Jelly
P.M. Snack (serve 2 of these 5 components) M/MA: F/V: Fresh 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 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.