

WEEK 1					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable	Strawberries	Applesauce	Banana	Oranges	Apple Slices
Grain	Toasty O's	WG Pancake	Rice Chex	French Toast Sticks	Kix
Meat/Meat Alternate ¹					
Extra	Water	Syrup; Water	Water	Syrup; Water	Water
LUNCH					
	MAC 'N CHEESE	TACOS	CHICKEN DIPPERS	HAWAIIAN SLIDERS	PIZZA
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable ²	Banana	Mango Cubes	Fresh Melon	Pineapple	Peaches
Vegetable	Broccoli	Adobo Corn	Peas and Carrots	Tator Tots	Salad
Grain	Elbow Pasta	WG Tortilla	Corn Muffin	WG Hawaiian Roll	WG Pizza
Meat/Meat Alternate	Cheese	Ground Turkey	Chicken Nuggets	Beef Patty	
Extra	Water	Cheese; Water	BBQ sauce; Water	Teriyaki Sauce; Water	Ranch Dressing; Water
SNACK					
Milk	Vanilla Yogurt	Whole and 1%			Whole and 1%
Fruit			Apple Slices	Raisins	
Vegetable					
Grain	Granola	Goldfish	Sunbutter	Cereal Mix	Animal Crackers
Meat/Meat Alternate					
Extra	Water	Water	Water	Water	Water

WEEK 2					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable	Peaches	Applesauce	Melon	Mixed Fruit	Pineapple
Grain	Toasty O's	Waffles	Granola	French Toast Sticks	Kix
Meat/Meat Alternate ¹					
Extra	Water	Syrup; Water	Water	Syrup; Water	Water
LUNCH					
	POTATO PIEROGI	CASSEROLE	MEATBALL SUBS	ASIAN CHICKEN WRAP	BREAKFAST SAMMY
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable ²	Banana	Peaches	Mandarin Oranges	Apple Slices	Clementines
Vegetable	Carrots	Peas and Carrots	Salad	Cabbage Slaw	Hashbrown
Grain	Pierogi	Rice	WG Roll	WG Tortilla	WG Croissant
Meat/Meat Alternate		Diced Grilled Chicken	Turkey Meatballs	Chicken Nuggets	Egg Patty
Extra	Water	Water	Marinara; Water	Teriyaki Sauce; Water	Sliced Cheese; Water
SNACK					
Milk	Cheese Stick	Whole and 1%			Whole and 1%
Fruit		Amazin Raisins	100% Juice	Applesauce	
Vegetable					
Grain	Triscuit Crackers		Pizza Crackers	Animal Crackers	Belgian Waffles
Meat/Meat Alternate					
Extra	Water	Water	Water	Water	Water

WEEK 3					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable	Peaches	Banana	Pineapple	Applesauce	Mixed Berries
Grain	Rice Krispies	Waffles	Fruity O's	Pancakes	Granola
Meat/Meat Alternate ¹					
Extra	Water	Water	Water	Water	Water
LUNCH					
	MAC 'N CHEESE	TURKEY AND GRAVY	CHICKY NUGGIES	MEATLOAF	TOASTY AND SOUP
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable ²	Strawberries	Applesauce	Banana	Mango	Oranges
Vegetable	Broccoli	Green Beans	Corn and Potatoes	Peas	Tomato Soup
Grain	WG Pasta	WG Roll		WG Roll	WG Bread
Meat/Meat Alternate		Turkey	Chicken Nuggets	Beef Loaf	Hot Ham and Cheese
Extra	Cheese; Water	Gravy; Water	Ketchup; Water	Water	Water
SNACK					
Milk		Whole and 1%		Vanilla Yogurt	
Fruit	Apple Slices			Pineapple	Craisins
Vegetable			Cucumbers and Peppers		
Grain	Sunbutter	Graham Crackers			Cereal Mix
Meat/Meat Alternate					
Extra	Water	Water	Hummus; Water	Water	Water

WEEK 4					
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST:					
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable	Peaches	Oranges	Banana	Mixed Fruit	Applesauce
Grain	Mini Bagel	Toasty O's	Granola	French Toast Sticks	Fruity O's
Meat/Meat Alternate ¹					
Extra	Cream Cheese; Water	Water	Water	Water	Water
LUNCH:					
	SPAGHETTI	TACO TUESDAY	BEEF AND BROCCOLI	UNCRUSTABLES	PIZZA
Milk	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%	Whole and 1%
Fruit/Vegetable ²	Apple Slices	Mango Cubes	Mandarin Oranges	Pineapple	Diced Pears
Vegetable	Green Beans	Adobo Corn	Broccoli	Green Beans	Peas
Grain	WG Spaghetti	WG Tortilla	Brown Rice	WG Bread	WG Pizza
Meat/Meat Alternate	Ground Turkey	Ground Turkey	Beef Crumbles	Sunbutter	
Extra	Marinara; Water	Cheese; Water	Teriyaki Sauce; Water	100% Fruit Jelly; Water	Water
SNACK:					
Milk				Cheese Stick	Whole and 1%
Fruit			100% Juice		
Vegetable	Carrot and Celery Sticks	Salsa			
Grain	Sunbutter	Tortilla Chips	Soft Pretzles	WG Crackers	Animal Crackers
Meat/Meat Alternate					
Extra	Water	Water	Water	Water	Water