

Sample Menu Breakfast

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Cherrios Cereal (WG)	Cheese	Rice Pudding	Oatmeal	Yougurt
Milk (Whole 1yr old)	Saltines Crackers	Milk (Whole 1yr old)	Milk (Whole 1yr old)	Bananas
Milk (1% 2-6yr old)		Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	
7	8	9	10	11
Cherrios Cereal (WG)	Cheese	Rice Pudding	Oatmeal	Yougurt
Milk (Whole 1yr old)	Saltines Crackers	Milk (Whole 1yr old)	Milk (Whole 1yr old)	Bananas
Milk (1% 2-6yr old)		Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	
14	15	16	17	18
Cherrios Cereal (WG)	Cheese	Rice Pudding	Oatmeal	Yougurt
Milk (Whole 1yr old)	Saltines Crackers	Milk (Whole 1yr old)	Milk (Whole 1yr old)	Bananas
Milk (1% 2-6yr old)		Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	
21/28	22/29	23/30	24	25
Cherrios Cereal (WG)	Cheese	Rice Pudding	Oatmeal	Yougurt
Milk (Whole 1yr old)	Saltines Crackers	Milk (Whole 1yr old)	Milk (Whole 1yr old)	Bananas
Milk (1% 2-6yr old)		Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	

Sample Menu Lunch

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Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
Mac & Cheese	Ground Turkey & Brown Rice (WG) Bowl	Chicken & Noddles	Chicken & Corn tortillas	Ham/chesse & Bread(WG)
Salad	Salad	Tomatoe paste	Salad	Salad
Pineapple	celery sticks	Carrots	Pineapples	Pineapples
Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)
7	8	9	10	11
Mac & Cheese	Ground Turkey & Brown Rice (WG) Bowl	Chicken & Noddles	Chicken & Corn tortillas	Ham/chesse & Bread(WG)
Fruits	Fruits	Fruits	Fruits	Fruits
Veggies	Veggies	Veggies	Veggies	Veggies
Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)
14	15	16	17	18
Mac & Cheese	Ground Turkey & Brown Rice (WG) Bowl	Chicken & Noddles	Chicken & Corn tortillas	Ham/chesse & Bread(WG)
Fruits	Fruits	Fruits	Fruits	Fruits
Veggies	Veggies	Veggies	Veggies	Veggies
Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)
21	22	23	24	25
Mac & Cheese	Ground Turkey & Brown Rice (WG) Bowl	Chicken & Noddles	Chicken & Corn tortillas	Ham/chesse & Bread(WG)
Fruits	Fruits	Fruits	Fruits	Fruits
Veggies	Veggies	Veggies	Veggies	Veggies
Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)
28	29-Sep	30		
Mac & Cheese	Ground Turkey & Brown Rice (WG) Bowl	Chicken & Noddles	Chicken & Corn tortillas	Ham/chesse & Bread(WG)
Fruits	Fruits	Fruits	Fruits	Fruits
Veggies	Veggies	Veggies	Veggies	Veggies
Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)	Milk 1% & Whole (1yr old)

Sample Menu SUPPER

This institution is an equal opportunity provider.

Monday	Tuesday	Wednesday	Thursday	Friday
3	1	2	3	4
Eggs & Tortilla Fruits Veggies Milk 1% & Whole (1yr old)	Ham Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Grilled Cheese Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Burrito Flour (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Flour Quesadillas (WG) Fruits Veggies Milk 1% & Whole (1yr old)
7	8	9	10	11
Eggs & Tortilla Fruits Veggies Milk 1% & Whole (1yr old)	Ham Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Grilled Cheese Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Burrito Flour (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Flour Quesadillas (WG) Fruits Veggies Milk 1% & Whole (1yr old)
14	15	16	17	18
Eggs & Tortilla Fruits Veggies Milk 1% & Whole (1yr old)	Ham Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Grilled Cheese Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Burrito Flour (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Flour Quesadillas (WG) Fruits Veggies Milk 1% & Whole (1yr old)
21	22	23	24	25
Eggs & Tortilla Fruits Veggies Milk 1% & Whole (1yr old)	Ham Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Grilled Cheese Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Burrito Flour (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Flour Quesadillas (WG) Fruits Veggies Milk 1% & Whole (1yr old)
28	29	30		
Eggs & Tortilla Fruits Veggies Milk 1% & Whole (1yr old)	Ham Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Grilled Cheese Sandwich Bread (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Burrito Flour (WG) Fruits Veggies Milk 1% & Whole (1yr old)	Cheese Flour Quesadillas (WG) Fruits Veggies Milk 1% & Whole (1yr old)