

SUMMER

MENU 2

Meal Pattern		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	milk	milk	milk	milk	milk	milk
	juice/fruit/veg	applesauce	blueberries	grapes	pears	mandarin oranges
AM Snack	bread/bread alt.	Rice Chex (Whole Grain Rice)	Cheerios (Whole Grain Oats)	Corn Chex (Whole Grain Corn)	Rice Krispies	Kix cereal (Whole Grain Corn)
	milk	water	milk	milk	milk	water
Lunch	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	strawberries & yogurt	mini bagel	hard-boiled egg	Whole Grain Wheat toast & margarine	cheese & saltines
	milk	milk	milk	milk	milk	milk
PM Snack	meat/meat alt.	meatballs	hamburger	breaded cod sticks	chicken tenders	sloppy joe meat
	vegetable	green beans	corn	peas	mixed vegetables	carrots
Evening PM Snack	veg or fruit	peaches	cantaloupe	mixed berries	mashed potatoes	grapes
	bread/bread alt. extras	rigatoni tomato sauce	bun ketchup	(breading)	dinner roll margarine	bun
Evening PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	mandarin oranges	watermelon	English muffin & margarine	applesauce	cantaloupe
Evening PM Snack	milk	milk	milk	milk	milk	milk
	juice/fruit/veg OR meat/meat alt. OR bread / bread alt.	bread & margarine	cheese	pretzels	watermelon	pineapple

Milk served to students 12-24 months is whole, unflavored milk.

Milk served to students 25 months+ is 1% fat, unflavored milk.