



Sample Menu

All food prepared under USDA/CACFP standards.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST:					
MILK (Fluid)	Milk	Milk	Milk	Milk	Milk
FRUIT JUICE or FRUIT and/or VEGETABLE	Fruit	Fruit	Fruit	Fruit	Fruit
BREAD or CEREAL	Cold Cereal	Yogurt w/Toppings	Breakfast Bars	Lemon/Blueberry Bread	Cold Cereal
LUNCH:					
MEAT or Meat Alternative: <i>Fish/Poultry</i> <i>Dry Beans/Peas</i> <i>Cheese/Eggs</i>	Chicken Carrot Rice Soup	Turkey or Ham Pita Pockets	Spaghetti	Chef Salad	Pizza Day
VEGETABLE or FRUIT <i>Two of either</i> <i>One of each</i>		Summer Squash	Wax Beans	Green Beans	Cucumbers
	Fruit	Fruit	Fruit	Fruit	Fruit
BREAD or Alternative Cereal/Pasta	Crackers	Pita Bread	Garlic Bread	Roll	Pizza Dough
MILK (fluid)	Milk	Milk	Milk	Milk	Milk
Other Foods					
SNACK:					
Any Two of: Milk, Fruit (Juice), Vegetable, Bread/Cereal, Pasta/Rice, or Meat/ Protein	Oranges	Trail Mix	Staff Snack	Milk	Red, Green Peppers & Cherry Tomatoes
	Mix & Match	Hard-boiled Eggs	Biscuits & Jelly	Banana Crunch Pop	Wheat Thins

FRESH FRUIT OPTIONS: Canteloupe, Watermelon, Strawberries, Grapes, Blackberries, Bananas, Blueberries

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