

	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: FISH/POULTRY DRY BEANS/PEAS CHEESE/EGGS	CHICKEN CARROT RICE SOUP	TURKEY OR HAM PITA POCKETS	SPAGETTI	CHEF SALAD	PIZZA DAY
VEGETABLE or FRUIT: Two of either One of each		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) or VEGETABLE BREAD/CEREAL or PASTA/RICE MEAT/PROTEIN	ORANGES	TRAIL MIX	STAFF SNACK	MILK	RED, GREEN PEPPERS & CHERRY TOMATOES
	MIX AND MATCH	HARD BOILED EGGS	BISCUITS AND JELLY	BANANA CRUCH POP	WHEAT THINS

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ALTERNATIVE: ANNOUNCED DAILY

FRESH FRUIT: CANTELOUPE, WATERMELON, STRAWBERRIES, GRAPES, BLACKBERRIES, BANANAS, & BLUEBERRIES

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