



Menu For Week One Monday...

Breakfast- Multi grains Cheerios (100% whole grain), pearls, and milk

Lunch- Chicken Nuggets (Whole Grain breaded), White Rice, Black Beans, Pears, Green Beans, and Milk
Snack-Yogurt (flavored 4oz. cup), Ritz crackers, and Enriched Flour

Tuesday...

Breakfast- Waffle w/ syrup, fresh strawberries or blueberries, and milk

Lunch- Spaghetti & parmesan cheese (tomato sauce), Ham 2 serv = 1 brd, Mixed Vegetables, fruit cocktails, and milk.

Snack- Muffin, 100% in season fruit juice, and Mandarins

Wednesday...

Breakfast- Toast (100% whole grain) with cream cheese, Pineapple Tidbits, and milk

Lunch- Beef Fajitas with green and red peppers, White Rice, Salad (spinach, cucumber, romaine lettuce/ tomato, Low Fat Ranch dressing, Pineapple Tidbits, and milk

Snack- Originals Sun Chips (individual), Pack 100% Whole Grain, 100% Apple juice, and Banana.

Thursday...

Breakfast- Scrambled eggs w/ ham, French Bread, Crossaints, Mandarins, and milk

Lunch- Meatball (100% beef), White Rice, Corn, Mandarins, and milk

Snack- Cuban or Soda Crackers with cream cheese, Seasonal Fresh Fruit juice

Friday...

Breakfast- Honey Bunches Cereal (100% Whole Grain), fruit cocktail, and milk

Lunch- Split Pea Soup w/ ham, pork, potato, cabbage, sausage, white rice, carrots, fruit cocktails, and milk.

Snack- Toast w/ cheese (100% whole grain), 100% Apple Juice.



Menu For Week Three



Monday...

Breakfast- Multi Grains Cheerios (100% whole grain),
mandarins, and milk.

Lunch- Lentils soup with ham, potato, malanga, sweet
potato, celery, and sausage, white rice, mixed
vegetables, mandarin, and milk

Snack- Soda Crackers (enriched flour) w/ strawberry
cream cheese, and 100% apple juice.



Tuesday...

Breakfast- Waffles (w/ syrup), & Fresh strawberries

Lunch- Spaghetti w/ Ground Turkey and T. sauce,
garlic bread, carrots, pineapple tidbits, and milk.

Snack- Muffin and 100% in season fruit juice



Wednesday...

Breakfast- Toast with cheese (100% whole grain),
pears, and milk.

Lunch- Chicken Nuggets (whole grain breaded),
white rice, black beans, pears, green beans, and milk.

Snack- Yogurt 4oz. cup, goldfish crackers (enriched
wheat flour), and apple juice.



Thursday...

Breakfast- Scrambled eggs/ ham, cuban or soda
crackers, fruit cocktails, and milk.

Lunch- Yellow rice w/ chicken, vegetable mix,
plantains, fruit cocktail, and milk.

Snack- Multigrain Tortilla Chips (100% whole grain),
Banana, and Apple juice 100%.




Friday...

Breakfast- Honey Bunches Cereal (100% whole grain),
mandarins, and milk

Lunch- Meatballs (100% beef), white rice, corn,
mandarins, and milk.

Snack- Ritz Crackers (enriched flour), seasonal fresh
fruit, and 100% in season fruit juice.



Menu For Week Two

Monday...

Breakfast- Multi Grains Cheerios (100% whole grain), pears, and milk.

Lunch- Red Bean soup (w/ pork, sausage, potato, squash), White Rice, Ceasar Salad (low-fat ceasar dressing), pears, and milk

Snack- Yogurt (Flavored 4oz. cup), Ritz Crackers (Enriched flour)

Tuesday...

Breakfast- French toast (w/ syrup), Fresh starwberries or blueberries, and Milk

Lunch- Yellow Rice with Ham, Carrots, Mandarins, and Milk.

Snack- Muffin, Seasonal fresh fruit, and 100% in season fruit juice

Wednesday...

Breakfast- Scrambled Eggs w/ ham, French bread crossaint, Fruit Cocktail, and milk.

Lunch- Spaghetti w/ Chicken Alfredo Sauce (1 serv =1-1/ 2 oz mt/mt alt. 1 brd for 1-5 yr olds and 2oz mt/mt alt. 1 brd, Cesar salad, fruit cocktail, and milk.

Snack- Mozzarella Sticks, Seasonal Fresh Fruit, and 100% apple juice.

Thursday...

Breakfast- Toast with Cheese (100% whole grain), Pineapples Tidbits, and milk.

Lunch- Chicken Fricase, White Rice, Green Beans, Pineapple Tidbits, and milk.

Snack- Original Sun Chips (individual pack, 100% whole grain), 100% in season fruit juice, mandarins.

Friday...

Breakfast- Honey Bunches Cereal (100% whole grain), pears, and milk

Lunch- Ground beef, white rice, garlic bread, corn, pears, and milk

Snack- Yogurt (flavored 4oz. cup), Goldfish crackers (enriched wheat flour)



Menu For Week Four

Monday...

Breakfast- Honey Bunches Cereal (100% whole grain), pears, and milk

Lunch- Red Bean soup w/ pork, sausage, potato, squash, white rice, ceasar salad (low-fat dressing), pears, and milk

Snack- Goldfish Crackers (enriched flour), yogurt, and apple juice 100%

Tuesday...

Breakfast- Toast w/ jelly (100% whole grain), fruit cocktail, and milk

Lunch- Macarroni & cheese w/ ham, plantains, fruit cocktail, corn, and milk

Snack- Muffin, banana, and 100% in season fruit juice

Wednesday...

Breakfast- Scrambled eggs/ ham, french bread crossaint, mandarins, and milk.

Lunch- Cuban stew (with beef), 1serv.=1-1/2oz, mt./mt.alt.and1/4 c, veg. for 1-5 yr olds, ceasar salad, mandarins, and milk.

Snack- Mozzarella sticks, seasonal fresh fruit, apple 100% juice

Thursday...

Breakfast- Multigrain Cheerios (100% whole grain), pineapples tidbits, and milk

Lunch- Chicken Fricase, white rice, green beans, pineapple tidbits, and milk.

Snack- Toast w/ cheese (100% whole grain), yogurt, 100% in season fruit juice.

Friday...

Breakfast- French Toast w/ syrup, strawberries, and milk.

Lunch- Ground beef, brown rice, garlic bread, carrots, fruit cocktail, and milk.

Snack- Soda crackers (enriched flour) w/ cream cheese, mandarins, and 100% apple juice.

