

MENU 3

WEEK OF _____

Date:	_____	_____	_____	_____	_____	_____
Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast on request	sliced oranges cheerios *1% milk	sliced apple rice krispies *1% milk	sliced banana corn flakes *1% milk	sliced apple rice krispies *1% milk	sliced oranges cheerios *1% milk	
Breakfast	orange juice cheerios *1% milk	sliced banana buttered toast *1% milk	sliced oranges pancakes *1% milk	apple juice rice krispies *1% milk	sliced apple cinnamon toast *1% milk	sliced banana rice krispies *1% milk
Lunch	sloppy joes bun corn apple sauce *1% milk	tuna salad w.w. bread ***mixed veggies sliced banana *1% milk	bologna/ cheese w.w. bread green beans sliced apple *1% milk	beef stew potatoes carrots/celery pineapple ritz cracker *1% milk	chicken & egg fried rice ***mixed veggies watermelon *1% milk	cheese crisp flour tortilla celery oranges *1% milk
Afternoon snack	saltines cheese water	sliced apples cheese cubes water	cinnamon graham crackers *1% milk	cheese-its sliced oranges water	vanilla wafers *1% milk	banana orange juice
Dinner	barbeque franks/ buttered egg noodles spinach **fruit cocktail *1% milk	veggie sandwich w/ cheese lettuce, tomato cucumber pears *1% milk	bean/cheese flour tortilla cauliflower sliced orange *1% milk	english muffin pizza w/ ground turkey & cheese celery banana *1% milk	homemade chicken noodle soup ***mixed veggies peaches *1% milk	ham w.w.bread apple corn *1% milk

This Institute is an Equal Opportunity Provider and Employer

juice = 100% juice; ww = Whole Wheat

****Water is offered and made available with all

*Whole Milk will be provided to children 1 yr. of age, and 1% will be provided for all children 2 yrs. of age and older.

**Fruit Cocktail -- Pears, Peaches, Seedless Grapes, Pineapple, Cherry Halves

***Mixed Veggies -- Carrots, Potatoes, Sweet Peas, Corn, Green Beans, Lima Beans, Celery