

MENU 4

WEEK OF _____

Date:	_____	_____	_____	_____	_____	_____
Day:	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast on request	sliced oranges corn flakes *1% milk	sliced apple rice krispies *1% milk	sliced banana cheerios *1% milk	sliced apple rice krispies *1% milk	sliced oranges corn flakes *1% milk	
Breakfast	sliced oranges corn flakes *1% milk	sliced apple plain yogurt english muffin *1% milk	sliced banana w.w.bread toast *1% milk	apple juice rice krispies *1% milk	sliced oranges toasted english muffin *1% milk	yogurt pineapple *1% milk
Lunch	homemade macaroni & cheese green beans **fruit cocktail *1% milk	submarine sandwich w/cheese, ham roast beef lettuce, tomato sliced apple *1% milk	hamburger w/ cheese on a bun corn watermelon *1% milk	goulash w/ground beef ***mixed veggies sliced orange *1% milk	roast beef w.w. bread lettuce tomato cucumber watermelon *1% milk	peanut butter w.w. bread celery **fruit cocktail *1% milk
Afternoon snack	pretzels 100% grape juice	oatmeal cookies *1% milk	graham crackers *1% milk	wheat thins pineapple water	cucumbers saltines water	sliced apple cheese cube water
Dinner	shepard's pie (beef, mashed potatoes, cheese topping) pineapple w.w. bread *1% milk	chicken chow mein w/ carrots & broccoli peaches *1% milk c.m.= noodle	taco salad w/ ground turkey tomatoes lettuce cheddar cheese tortilla chips sliced apple *1% milk	chicken fajita w/red, green bell pepper& onions rice pears *1% milk	oriental noodle w/beef, egg cabbage, carrots watermelon or peaches *1% milk	ham & cheese w.w.bread green beans apple *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 meals****

*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