

MENU 1

WEEK OF _____

Date:	_____	_____	_____	_____	_____
Day:	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast on request	sliced oranges cheerios *1% milk	sliced banana corn flakes *1% milk	sliced oranges rice krispies *1% milk	sliced apples corn flakes *1% milk	sliced oranges cheerios *1% milk
Breakfast	sliced oranges cheerios *1% milk	sliced banana grape jelly toast *1% milk	sliced oranges oatmeal *1% milk	apple juice corn flakes 1% milk	sliced oranges cinnamon toast *1% milk
Lunch	chicken stir-fry, with broccoli, carrots & pepper rice apple sauce *1% milk	egg salad sandwich broccoli watermelon *1% milk	fried rice/ pork celery broccoli peaches *1% milk	spaghetti/ turkey meat sauce corn sliced oranges *1% milk	grilled cheese w.w. bread ***mixed veggies pears *1% milk
Afternoon snack	wheat thins apple juice	ritz cracker cucumber water	saltines cheese water	oatmeal cookies *1% milk	sliced apple ritz crackers water
Dinner	cheese/beef ravioli w/ tomato sauce green beans w.w. bread pineapple *1% milk	chili w/ meat & beans saltines carrot sticks sliced orange *1% milk	ham & cheese ***mixed veggies w.w. bread sliced banana *1% milk	fish sticks cauliflower ritz crackers sliced apple *1% milk	pig in the blanket carrots **fruit cocktail *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