Site:
Date:

Menu

Breakfast

	M/MA (Protein)/Grain	Fruit/Juice	Grain	Milk
	1 oz eq req	*1 cup req*	*1 oz eq req*	*1 cup req*
Monday	1/2c - Oatmeal made w/milk	1/2c - Grapes 1/2c - Orange Juice	1oz - WG Toast	1c - 1% White and Fat Free Milk
Tuesday	1oz - Sausage Pattie	1/2c - Orange Slices 1/2 - Apple Juice	2oz - WG Waffles	1c - 1% White and Fat Free Milk
Wednesday	2T - Peanut Butter	1/2c - Apple Slices 1/2c - Grape Juice	1oz -WG English Muffin	1c - 1% White and Fat Free Milk
Thursday	1oz - WG Cereal served w/extra milk	1/2c - Pineapple Tidbits 1/2c - Orange Juice	1oz - WG Blueberry Muffin	1c - 1% White and Fat Free Milk
Friday	2oz - Egg Pattie	1/4c - Raisins 1/2c - Apple Juice	1oz - WG Toast	1c - 1% White and Fat Free Milk
Saturday	6oz - Low Fat Yogurt	1/2c - Diced Pears 1/2c - Grape Juice	1oz - WG Cinnamon Roll	1c - 1% White and Fat Free Milk
Sunday	1oz - Sausage Pattie	1/2c - Applesauce 1/2 - Banana	2oz - WG French Toast	1c - 1% White and Fat Free Milk

After School Snack

Pick 2 of the following: 1c Milk, 1oz eq M/MA, 3/4c Fruit, Veg, or Juice, 1oz ea Bread or Cereal

Monday	1c - Fresh Pear 1oz - Cheese Stick
Tuesday	6oz - Low Fat Yogurt 1/2c - Trail Mix
Wednesday	1/2c - Apple Juice 0.8oz (1oz eq) - Savory Crackers
Thursday	1/2c - Carrot Sticks 1/2c - Hummus
Friday	1c - Apple Slices 4T - Peanut Butter
Saturday	1/2c - Orange Juice 2.4oz (1oz eq) - Oatmeal Cookie
Sunday	1c - Milk 1oz (1oz eq)- Graham Crackers

Lunch

	M/MA (Protein)	Fruit/Juice	Grain	Vegetable	Milk	Extra
	2 oz eq req	*1 cup req*	*2 oz eq req*	*1 cup req*	*1 cup req*	*not req*
Monday	2oz eq Hot Dog	1/2c - Apple Slices 1/4c - Raisins	2oz eq - WG Bun	1/2c - Cucumber Sticks 1/2c - Potato Wedges	1c - 1% White and Fat Free Milk	
Tuesday	3 oz eq Turkey & Cheese Sub	1/2c - Banana 1/2c - Canteloupe	2oz eq - WG Sub Bun	1/2c - Carrot Sticks 1/2c - Zucchini	1c - 1% White and Fat Free Milk	0.25oz eq - WG Choc Chip Cookie
Wednesday	2oz eq - Beef & Cheese Taco	1/2c - Pineapple Tidbits 1/2c - Grapes	1oz eq - WG Tortilla 1/2c - Brown Rice	1/2c - Refried beans 1/2c - Tomatoes	1c - 1% White and Fat Free Milk	
Thursday	2oz eq - Chicken Alfredo Pasta	1/2c - Fruit Salad 1/4c - Dried Cranberries	1c - WG Penne	1/2c - Broccoli 1c - Fresh Spinach Salad	1c - 1% White and Fat Free Milk	
Friday	2oz eq - WG Sausage Pizza	1/2c - Fresh Peaches 1/2c - Honeydew Melon	2oz eq - WG Crust	1/2c - Corn 1/2c - Carrot Sticks	1c - 1% White and Fat Free Milk	1/2c - Low Fat Choc Pudding
Saturday	2oz eq - Grilled Cheese Sandwich	1/2c - Sliced Pears 1/2c - Blueberries	2oz eq - WG Bread	1c -Tomato Soup 3/4c - Potato Salad	1c - 1% White and Fat Free Milk	
Sunday	2oz eq - Teriyaki Chicken	1/2c - Watermelon 1/2c - Mandarin Oranges	1c - Brown Rice	1/2c -Sugar Snap Peas 1/2c - Carrot Coins	1c - 1% White and Fat Free Milk	0.25oz eq - Fortune Cookie