Week 1
Fall Menu FY 16/17

Weeks of: 9-5-16, 10-3-16, 10-31-16, 11-28-16

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials. Approved By: CPT Joshua Lockwood 8/25/16

Joshua Lockwood

	Components	Monday Holiday, 10-3, 10-31, 11-28, 2016	Tuesday 9-6, 10-4, 11-1, 11-29, 2016	Wednesday 9-7, 10-5, 11-2, 11-30, 2016	Thursday 9-8, 10-6, 11-3, 12-1, 2016	Friday 9-9, 10-7, 11-4, 12-2, 2016
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Equivalent	Buttered Wheat Toast	Cold Cereal	Pancakes	Cold Cereal	Biscuits
	Fruit, Vegetable, or 100% Juice	Fruit Cocktail	100 % Grape Juice	Applesauce	Bananas	Orange Slices
	Additional Food (Optional)	Jelly				Sausage Gravy
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate	HM Macaroni & Cheese	Meatloaf	Breaded Chicken	Turkey Sloppy Joes	Fish Sticks
	Vegetable or Fruit	Cooked Carrots	Peas	Tossed Salad/Broccoli for CDC	Green Beans	Tater Tots
	Vegetable or Fruit	Apple Wedges	Apricots	Orange Wedges	Pineapple Tidbits	Diced Peaches
	Bread or Bread Equivalent	Macaroni Pasta	Buttered Noodles	Whole Wheat Hamburger Bun	Brown Rice	Whole Wheat Dinner Roll
	Additional Food (Optional)			Ketchup		
Snack	Choose 2 of these 4:					
	Fluid Milk				Milk	
	Meat or Meat Alternate		Peanut Butter (SAS Add-In)	Melted Cheese		Cheese Cubes
	Fruit, Vegetable, or 100 % Juice	Pineapple Tidbits	Bananas w/Vanilla Pudding	Baked Diced Potatoes Juice (SAS Add-In)	Fruit Cocktail (SAS Add-In)	
	Bread or Bread Equivalent	Wheat Thins	Graham Crackers		Blueberry Muffin	Saltines Trail Mix (SAS Add-In)
	Additional Food (Optional)	Water; Cream Cheese (SAS Add In)	Water	Water	Water	Water

Week 2
Fall Menu FY 16/17

Weeks of: 9-12-16, 10-10-16, 11-7-16, 12-5-16

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials. Approved By: CPT Joshua Lockwood 8/25/16

	Components	Monday 9-12, Holiday, 11-7, 12-5, 2016	Tuesday 9-13, 10-11, 11-8, 12-6, 2016	Wednesday 9-14, 10-12, 11-9, 12-7, 2016	Thursday 9-15, 10-13, 11-10, 12-8, 2016	Friday 9-16, 10-14, Holiday, 12-9, 2016
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cheese Toast	Cold Cereal	Waffles	Cold Cereal	English Muffin
	Fruit, Vegetable, or Full Strength Juice	Diced Pears	100 % Orange Juice	Bananas	Mandarin Oranges	Diced Peaches
	Additional Food (Optional)					Jelly
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Chicken Alfredo	HM Beef Chili	Sweet & Sour Chicken	Grilled Ham & Cheese	HM Cheese Pizza
	Vegetable or Fruit	Broccoli	Kidney Beans	Green Beans	Vegetable Soup	Tossed Salad/Cooked Carrots for CDC
	Vegetable or Fruit	Orange Wedges	Apple Wedges	Pineapple Tidbits	Apple wedges	Mandarin Oranges
	Bread or Bread Alt.	Linguine Pasta	Cornbread	Brown Rice	Wheat Bread	Bagels
	Additional Food (Optional)					
Snack	Choose 2 of these 4:					
	Fluid Milk	Milk			Milk	
	Meat or Meat Alternate		Cheese Quesadilla Salsa (SAS Add-In)			Yogurt
	Fruit, Vegetable, or 100 % Juice	Sweet Potato Wedges	100 % Apple Juice	Pineapple & Cream Cheese		Fruit Cocktail
	Bread or Bread Equivalent			Saltines Rice Cakes (SAS-In)	HM Peanut Butter Cookies	Granola Bar (SAS-In)
	Additional Food (Optional)	Water Jello (SAS-In)	Water	Water	Water Pudding (SAS-In)	Water

Week 3
Fall Menu FY 16/17

Weeks of: 09-19-16, 10-17-16, 11-14-16, 12-12-16

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials. Approved By: CPT Joshua Lockwood 8/25/16

Joshua Lockwood

	Components	Monday 9-19, 10-17, 11-14, 12-12, 2016	Tuesday 9-20, 10-18, 11-15, 12-13 2016	Wednesday 9-21, 10-19, 11-16, 12-14, 2016	Thursday 9-22, 10-20, 11-17, 12-15, 2016	Friday 9-23, 10-21, 11-18, 12-16, 2016
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cinnamon Toast	Cold Cereal	French Toast	Cold Cereal	HM Pumpkin Muffins
	Fruit, Vegetable, or Full Strength Juice	Orange Wedges	Frozen Strawberries	Peaches	100% Grape Juice	Applesauce
	Additional Food (Optional)					
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Ground Turkey-A-Roni	Ground Beef Tacos	Chicken Parmesan	Baked Turkey Slices	HM Cheese Pizza
	Vegetable or Fruit	Mixed Vegetables	HM Tomato Salsa	Peas	Broccoli	Green Beans
	Vegetable or Fruit	Diced Pears	Mandarin Oranges	Apple Wedges	Fruit Cocktail	Orange Wedges
	Bread or Bread Alt.	Whole Wheat Pasta	Brown Rice	Garlic Bread	Stuffing	French Bread
	Additional Food (Optional)		Shredded Cheese		Gravy	
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	
	Meat or Meat Alternate			Ham Slices Cheese Slices (SAS Add-In)	Cheese Cubes	
	Fruit, Vegetable, or 100 % Juice	100 % Pineapple Juice	Apples (SAS Add-In)			Diced Pears
	Bread or Bread Equivalent	Garlic Bread Sticks	PB&J on Whole Wheat Bread	Ritz Crackers	Saltines (SAS Add-In)	Rice Krispie Treats
	Additional Food (Optional)	Water Marinara Sauce (SAS Add-In)	Water	Water	Water	Water Jello (SAS Add-In)

Week 4
Fall Menu FY 16/17

Weeks of: 09-26-16, 10-24-16, 11-21-16, 12-19-16

Please Note: Menu substitutions may be made at the discretion of the kitchen to accommodate for center celebrations, individual birthdays, or prime vendor specials, such as fresh fruit, vegetable, or meat specials. Approved By: CPT Joshua Lockwood 8/25/16

Joshua Lockwood

	Components	Monday 9-26, 10-24, 11-21, 12-19, 2016	Tuesday 9-27, 10-25, 11-22, 12-20, 2016	Wednesday 9-28, 10-26, 11-23, 12-21, 2016	Thursday 9-29, 10-27, Holiday, 12-22, 2015	Friday 9-30, 10-28, H.C., 12-23, 2016
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Whole Wheat Toast w/peanut butter	Cold Cereal	Oatmeal	Cold Cereal	Bagel
	Fruit, Vegetable, or Full Strength Juice	Bananas	Diced Peaches	Orange Wedges	100 % Apple Juice	Fruit Cocktail
	Additional Food (Optional)					Cream Cheese
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Meat Ravioli w/Meat Sauce	Pork Tenderloin	Barbeque Chicken	Roast Beef & Cheese	HM Cheese Pizza
	Vegetable or Fruit	Zucchini	Baked Beans	Corn	Vegetable Soup	Broccoli
	Vegetable or Fruit	Diced Pears	Orange Wedges	Applesauce	Apple Wedges	Pineapple Tidbits
	Bread or Bread Alt.	Ravioli	Dinner Roll	Breadsticks	Wheat Bread	Pizza Crust
	Additional Food (Optional)					
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	
	Meat or Meat Alternate	Melted Cheese (SAS Add-In)		Yogurt		Melted Cheese
	Fruit, Vegetable, or 100 % Juice	100 % Orange Juice	Warm Cinnamon Apples	Diced Peaches (SAS Add-In)		Baked Sweet Potato Fries & Broccoli (SAS Add-In)
	Bread or Bread Equivalent	Soft Pretzels	Graham Crackers (SAS Add-In)	Vanilla Wafers	HM Brownie	
	Additional Food (Optional)	Water	Water	Water	Water Pudding (SAS Add-In)	Water