Week 1
Fall Menu FY 12

Weeks of: 9-17-12, 10-15-12, 11-12-12, 12-10-12

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: [illegible], MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
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	Grapefruit Juice	Applesauce	Bananas	Orange Juice
	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 fresh Carrots	Peas	Tossed Salad	Green Beans	Tater Tots
	Vegetable or Fruit	Apple Wedges	Apricots	Orange Wedges	Pineapple Tidbits	Diced Peaches
	Bread or Bread Equivalent	Macaroni Pasta	Buttered Noodles	Hamburger Bun	White Rice	Whole Wheat Dinner Roll
	Additional Food (Optional)			Ketchup		
Snack	Choose 2 of these 4:					
	Fluid Milk				Milk	
	Meat or Meat Alternate	Cottage Cheese	Peanut Butter (SAS Add-In)	Melted Cheese		Cheese Cubes
	Fruit, Vegetable, or 100 % Juice	Crushed Pineapple	Bananas w/Vanilla Pudding	Baked Diced Potatoes Juice (SAS Add-In)	Fruit Cocktail (SAS Add-In)	Grapes -halved for 0-3 yrs
	Bread or Bread Equivalent	Wheat Thins (SAS Add-In)	Graham Crackers		Blueberry Muffin	Trail Mix (SAS Add-In)
	Additional Food (Optional)	Water	Water	Water	Water	Water

Week 2
Fall Menu FY 12

Weeks of: 9-24-12, 10-22-12, 11-19-12, 12-17-12

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: [illegible] MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
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	Orange Juice	Bananas	Grape Juice	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	Tomato Soup	Tossed Salad
	Vegetable or Fruit	Orange Wedges	Apple Wedges	Pineapple Tidbits	Apple wedges	Mandarin Oranges
	Bread or Bread Alt.	Linguine Pasta	Cornbread	White 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-In)				Yogurt
	Fruit, Vegetable, or 100 % Juice	Apple Juice	Sweet Potato Wedges	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	Water Jello (SAS-In)	Water	Water Pudding (SAS-In)	Water

Week 3
Fall Menu FY 12

Weeks of: 10-1-12, 10-29-12, 11-26-12, 12-24-12

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: Beth A. Weed, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
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	Bananas	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	Ambrosia	Orange Wedges
	Bread or Bread Alt.	Macaroni	White Rice	Garlic Bread	Stuffing	English Muffin
	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	Pineapple Juice	Apples (SAS Add-In)		Vegetable Platter	Grapes - halved for 0-3 yrs
	Bread or Bread Equivalent	Garlic Bread Sticks	PB&J Sandwich	Ritz Crackers	Saltines (SAS Add-In)	Rice Krispie Treats
	Additional Food (Optional)	Water Marinara Sauce (SAS Add-In)	Water	Water	Dip/Water	Water Jello (SAS Add-In)

Week 4
Fall Menu FY 12

Weeks of: 10-8-12, 11-5-12, 12-3-12, 12-31-12

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: Susan A. Lewis, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
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	Grape 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	Sliced Sweet Potatoes	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	Orange Juice	Warm Cinnamon Apples	Diced Peaches (SAS Add-In)		Baked Potato 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

Week 1
Spring/Summer Menu
FY 12

Weeks of: 4/30/12, 5/28/12, 6/25/12, 7/23/12, 8/20/12

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: [illegible] MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Equivalent	Cold Cereal Bagels (SAS Add-In)	Pancakes Cold Cereal (SAS Add-In)	English Muffin Cold Cereal (SAS Add-In)	Cold Cereal Yogurt w/Granola (SAS Add-In)	Cold Cereal Raisin Toast (SAS Add-In)
	Fruit, Vegetable, or 100% Juice	Blueberries	Applesauce	Mandarin Oranges	Strawberries	Bananas
	Additional Food (Optional)		Syrup			
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alternate	Ground Turkey Sauce	BBQ Chicken	Beef Hot Dogs (SAS) Pork Tenderloin (CDC)	Ham & Cheese Sandwich	HM Mozzerella Cheese Pizza
	Vegetable or Fruit	Eggplant	Cooked Broccoli	Baked Beans	Cooked Carrots (CDC)	Corn
	Vegetable or Fruit	Nectarines	Cantaloupe	Watermelon	Apples	Fresh Fruit Salad
	Bread or Bread Equivalent	Baked Ziti	White Rice	Hot Dog Bun (SAS)/Whole Wheat Dinner Roll (CDC)	Potato Bread	English Muffin
	Additional Food				LT/Oranges/Chips (SAS)	
Snack	Choose 2 of these 4:					
	Fluid Milk	Milk		Milk		
	Meat or Meat Alternate	Cheese				Yogurt
	Fruit, Vegetable, or 100 % Juice	Salsa & Sour Cream (SAS Add-In)	Bananas	Pineapple Cream Cheese (SAS Add-In)	100% Apple Juice	Frozen Cherries
	Bread or Bread Equivalent	Flour Tortillas	Graham Crackers	Vanilla Wafers	Goldfish Crackers	Granola Bar (SAS Add-In)
	Additional Food (Optional)	Water	Water Pudding (SAS)	Water	Water	Water

Week 2
Spring/Summer Menu
FY 12

Weeks of: 5/7/12, 6/4/12, 7/2/12, 7/30/12, 8/27/12

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: Becky A. Owens, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cold Cereal Bagels (SAS Add-In)	French Toast Cold Cereal (SAS Add-In)	Whole Wheat Toast Cold Cereal (SAS Add-In)	Cold Cereal Yogurt w/Granola (SAS Add-In)	Cold Cereal English Muffin (SAS Add-In)
	Fruit, Vegetable, or Full Strength Juice	Honeydew	Diced Peaches	Fruit Cocktail	Orange Juice	Bananas
	Additional Food (Optional)		Syrup	Jelly		
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	HM Macaroni & Cheese	Chicken Soft Taco	Beef Sloppy Joes	Bologna & Cheese Sandwich	Fish Sticks
	Vegetable or Fruit	Zucchini	Tomato/Cucumber Salad	Green Bean Salad	Mixed Greens Salad(CDC)	Peas
	Vegetable or Fruit	Diced Pears	Pineapple	Orange Wedges	Apples	Fresh Fruit Salad
	Bread or Bread Alt.	Macaroni	Flour Tortilla	Hamburger Bun	Wheat Bread	Hush Puppies
	Additional Food		Shredded Cheese		LT/Oranges/Chips (SAS Add-In)	
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk			
	Meat or Meat Alternate			Yogurt	Peanut Butter	
	Fruit, Vegetable, or 100 % Juice	100% Grape Juice Fruit Bowl (SAS Add-In)	Cinnamon Apples Celery with Peanut Butter (SAS Add-In)	Fresh Fruit Topping		Purple Cow Shake
	Bread or Bread Equivalent	Pierogies		Graham Crackers (SAS Add-In)	Ritz Crackers	Animal Crackers Trail Mix (SAS Add-In)
	Additional Food Optional	Water	Water	Water	Water	Water

Week 3
Spring/Summer Menu
FY 12

Weeks of: 5/14/12, 6/11/12, 7/9/12, 8/6/12, 9/3/12

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: Brian C. Owens, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cold Cereal Bagels (SAS Add-In)	Waffles Cold Cereal (SAS Add-In)	HM Muffins Cold Cereal (SAS Add-In)	Cold Cereal Yogurt w/Granola (SAS Add-In)	Cold Cereal English Muffin (SAS Add-In)
	Fruit, Vegetable, or Full Strength Juice	Halved Grapes	Fresh Peaches	Apricots	Mandarin Oranges	Bananas
	Additional Food (Optional)		Syrup			
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Ground Turkey-a-Roni Sauce	Caesar Chicken	Sausage Patty	Turkey/Cheese Sand.	Mozz. Cheese Pizza
	Vegetable or Fruit	Cooked Broccoli	Romaine Lettuce	Cucumber Salad	Cole Slaw (CDC)	Tossed Salad
	Vegetable or Fruit	Mandarin Oranges	Cantaloupe	Watermelon	Apples	Fresh Fruit Salad
	Bread or Bread Alt.	Elbow Macaroni	Bread Sticks	Hamburger Bun	Seedless Rye Bread	French Bread
	Additional Food	Dinner Roll	Elbow Mac (Inf/Tods)		LT/Oranges/Chips (SAS)	
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk	Milk		Milk
	Meat or Meat Alternate	Cheese Dip (SAS Add-In)		Peach Yogurt	Cheesesticks	
	Fruit, Vegetable, or 100 % Juice	100% Orange Juice			Veggie Sticks & Dip	
	Bread or Bread Equivalent	Soft Pretzels	Brownie	Animal Crackers (SAS Add-In)		Graham S'Mores
	Additional Food (Optional)	Water	Water Ice Cream (SAS Add-In)	Water	Water	Water Ice Pops (SAS Add-In)

Week 4
Spring/Summer Menu
FY 12

Weeks of: 5/21/12, 6/18/12, 7/16/12, 8/13/12, 9/10/12

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: Becca A. Owen, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cold Cereal Bagels (SAS Add-In)	French Toast Cold Cereal (SAS Add-In)	Bagels Cold Cereal (SAS Add-In)	Cold Cereal Yogurt w/Granola (SAS Add-In)	Cold Cereal English Muffin (SAS Add-In)
	Fruit, Vegetable, or Full Strength Juice	Nectarines	Applesauce	Fruit Cocktail	Cantaloupe	Bananas
	Additional Food (Optional)		Syrup	Jelly		
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Turkey Spaghetti Sauce	Breaded Chicken Breast	Beef Cheeseburgers	PB Jelly & String Cheese	Turkey Chili
	Vegetable or Fruit	Green Beans	Cooked Cauliflower	Red Potato Salad	Carrots & Celery	Kidney Beans
	Vegetable or Fruit	Apricots	Fresh Peaches	Pineapples	Apples	Fresh Fruit Salad
	Bread or Bread Alt.	Spaghetti	Macaroni Salad	Hamburger Bun	White Bread	Cornbread
	Additional Food (Optional)	Garlic Bread			Ranch Dip & Chips (SAS)	
Snack	Choose 2 of these 4:					
	Fluid Milk	Milk			Milk	Milk
	Meat or Meat Alternate			Yogurt		Peanut Butter, Raisins
	Fruit, Vegetable, or 100 % Juice	Homemade Banana Bread	100% Grape Juice	100% Apple Juice Bananas (SAS Add-In)		
	Bread or Bread Equivalent		Saltines/Cheese Dip		Chocolate Chip Cookies	Happy Face Rice Cakes
	Additional Food (Optional)	Water Vanilla Pudding (SAS Add-In)	Water Nachos & Taco Dip (SAS Add-In)	Water	Water	Water Saltines (SAS)

Weeks of: 1/9/12, 2/6/12, 3/5/12, 4/2/12

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: Rebecca A. Owen, MS, RD, LD

Week 1
Winter Menu FY 12

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Oatmeal	Raisin Toast w/butter (no raisins CDC)	Pancakes	English Muffin	Cheerios
	Fruit, Vegetable, or Full Strength Juice	Diced Peaches	Pears	Strawberries	Mandarin Oranges	100% Grape Juice
	Additional Food (Optional)			Syrup	Jelly	
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Meat Sauce (beef)	Ham Steak	Breaded Chicken	Taco Salad (beef)	Tuna Salad
	Vegetable or Fruit	Zucchini	Mashed Potatoes	Green Beans	Lettuce, Salsa	Cucumber Salad
	Vegetable or Fruit	Apricots	Pineapple Tidbits	Fruit Cocktail	Apple Wedges	Orange Wedges
	Bread or Bread Alt.	Spaghetti	Dinner Roll	Whole Wheat Roll	White Rice	Saltines
	Additional Food (Optional)	Garlic Bread			Shredded cheese	
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk	Milk	Milk	
	Fruit, Vegetable, or Full Strength Juice	100% Apple Juice	Vegetable Sticks (SAS Add-In)	French Fries	Banana Smoothie (SAS Add-In)	Fresh Fruit Mix (SAS Add-In)
	Bread or Bread Alt.	Soft Pretzel			Graham Crackers	Vanilla Wafers
	Meat or Meat Alt.	Cheese Dip (SAS Add-In)	Cheese cubes	Breaded Chicken fingers (SAS Add-In)		Yogurt

Week 2
Winter Menu FY 12

Weeks of: 1/16/12, 2/13/12, 3/12/12, 4/9/12

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: [illegible] A. Unged, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Cream of Wheat	Waffles	Grits w/cheese	Whole Wheat Toast	Rice Krispies Cereal
	Fruit, Vegetable, or Full Strength Juice	Orange Wedges	Applesauce	Fruit Cocktail	Banana's	100% Apple Juice
	Additional Food (Optional)		Syrup		Jelly	
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Cheeseburger Patties	Chicken & Biscuits	Fish Sticks	Meatloaf	Ham and Swiss Wrap
	Vegetable or Fruit	Roasted Red Potatoes	Corn	Broccoli	Peas/Carrots	Cole Slaw
	Vegetable or Fruit	Pears	Mandarin Oranges	Apple Wedges	Apricots	Diced Peaches
	Bread or Bread Alt.	Hamburger bun	Biscuit	Whole Wheat Roll	Buttered Noodles	Flour Tortilla
	Additional Food (Optional)					
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	Milk
	Fruit, Vegetable, or Full Strength Juice	100% Grape Juice		Pineapple Tidbits	Apple Wedges	Fresh Fruit Mix (SAS Add-In)
	Bread or Bread Alt.	Ritz Crackers	Fresh Baked Oatmeal Cookies	Vanilla Wafers (SAS Add-In)		Cheese Toast
	Meat or Meat Alt.	Egg Salad	Yogurt (SAS Add-In)	Cottage Cheese	Peanut Butter (SAS Add-in)	

Weeks of: 1/23/12, 2/20/12, 3/19/12, 4/16/12

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: [illegible] MS, RD, LD

Week 3
Winter Menu FY 12

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Bagels	Strawberry Muffin	Cream of Wheat	Cinnamon Toast	Crispix Cereal
	Fruit, Vegetable, or Full Strength Juice	Fruit Cocktail	Applesauce	Orange Wedges	Fresh Pears	Bananas
	Additional Food (Optional)	Jelly				
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Meat Sauce	Teriyaki Chicken	Pork Tenderloin	Homemade Beef Stew	HM Macaroni & Cheese
	Vegetable or Fruit	Asparagus	Stir Fry Vegetable Mix	Baked Beans	Potatoes, Carrots, Celery	Tomato Salad
	Vegetable or Fruit	Apple Wedges	Mandarin Oranges	Peaches	Pears	Pears
	Bread or Bread Alt.	Baked Ziti	White Rice	Dinner Roll	Breadsticks	Macaroni
	Additional Food (Optional)					
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk	100% Apple Juice	100% Orange Juice	Milk
	Fruit, Vegetable, or Full Strength Juice	100% Grape Juice	Grapes (SAS Add-In)		String Cheese	Apple Slices w/Cinnamon
	Bread or Bread Alt.	Corn Muffins	Rice Cakes	Pasta Salad	Beef Stew (SAS Add-In)	HM Macaroni & Cheese (SAS Add-In)
	Meat or Meat Alt.	Beef Chili (SAS Add-In)		Beef Hot Dog & Bun (SAS Add-In)		

Week 4
Winter Menu FY 12

Weeks of: 1/30/12, 2/27/12, 3/26/12, 4/23/12

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: Patricia Unger, MS, RD, LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Whole Wheat Toast	Biscuits	Cheerios	French Toast	Chex Cereal
	Fruit, Vegetable, or Full Strength Juice	Fruit Cocktail	100% Orange Juice	Apricots	Mandarin Oranges	Bananas
	Additional Food (Optional)	Jelly	Sausage Gravy			
Lunch	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat or Meat Alt.	Cheese Pizza	Baked Turkey	Meatballs with Tomato Sauce	Homemade Chicken Noodle Soup	Grilled Ham and Cheese Sandwich
	Vegetable or Fruit	Broccoli	Sweet Potatoes	Green Beans	Tossed Salad	Cooked Carrots
	Vegetable or Fruit	Peaches	Grapes, sliced in half	Pineapple Tidbits	Pears	Applesauce
	Bread or Bread Alt.	Pizza Crust	Dinner Roll	Whole Wheat Roll	Noodles	Sliced White Bread
	Additional Food (Optional)					
Snack	Choose 2 of these 4:					
	Fluid Milk		Milk	Milk		Milk
	Fruit, Vegetable, or Full Strength Juice	100% Apple Juice			100% Grape Juice	Fresh Fruit Mix
	Bread or Bread Alt.	Breadsticks w/spaghetti sauce	Apple Wedges	Baked Potato	Banana Bread	Cheese Quesadillas (SAS Add-In)
	Meat or Meat Alt.	Parmesan Cheese (SAS Add-In)	Peanut Butter (SAS Add-In)	Meatballs (SAS Add-In)	Vanilla Pudding (SAS Add-In)	