

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday
	Date 6/12/17	Date 6/13/17	Date 6/14/17	Date 6/15/17	Date 6/16/17
Breakfast					
All Three Components					
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Bagel	Cereal	English Muffin	Biscuit	Coffee Cake
Fruit / Vegetable / Juice ½ cup	Applesauce	Raisins	Mixed Fruit	Peaches	Banana
Other Foods				Jelly	
Lunch	Pizza Bake	Cashew Chicken	Taco Salad	Burrito	Club Sandwich
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Penne Pasta	Rice	Tortilla Chips	Tortilla	Slice Bread
Fruit / Vegetable / Juice ¼ cup	Peas	Broccoli	Lettuce/Tomato	Baked Beans	Celery
Fruit / Vegetable / Juice ¼ cup	Peaches	Mandarin Oranges	Pineapple	Pears	Mixed Fruit
Meat /Meat Alternative ½ oz	Pepperoni	Chicken	Ground Beef	Meat / Bean Filling	Ham/Turkey
Other Foods	Marinara Sauce		Cheese	Cheese / Salsa	Cheese
P.M. Snack					
Two of Four Components					
Milk 6oz			Milk		
Grains / Bread ½ slice	Wheat Thins	Graham Crackers	Cookie	Cheese Stick	Goldfish
Fruit / Vegetable / Juice ½ cup		100% Fruit Punch		Grapes	Apples
Meat /Meat Alternative ½ oz	Go Gurt				
Other Foods	Water			Water	Water

Week #2	Monday	Tuesday	Wednesday	Thursday	Friday
	Date 6/19/17	Date 6/20/17	Date 6/21/17	Date 6/22/17	Date 6/23/17
Breakfast					
All Three Components		Breakfast Casserole			
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Oatmeal	½ slice Bread	Biscuit	Cinnamon Toast	Cereal
Fruit / Vegetable / Juice ½ cup	Raisins	Shredded Potatoes	Pineapple	Mixed Fruit	Banana
Other Foods		Diced Ham			
Lunch	Chicken Pot Pie	Soft Taco	Sloppy Joes	Broccoli Rice Casserole	Turkey Wrap
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Biscuit	Tortilla	Bun	Rice	Tortilla Shell
Fruit / Vegetable / Juice ¼ cup	Mixed Vegetables	Green Beans	Baked Beans	Broccoli	Cucumber
Fruit / Vegetable / Juice ¼ cup	Mandarin Oranges	Peaches	Apples	Pears	Oranges
Meat /Meat Alternative ½ oz	Chicken	Hamburger	Ground Beef	Diced Chicken	Turkey/Cheese
Other Foods	Country Gravy	Cheese			Lettuce/Tomato
P.M. Snack					
Two of Four Components					
Milk 6oz					Milk
Grains / Bread ½ slice	Vanilla Wafers	Animal Crackers	Pretzel	Saltines	Chips & Salsa
Fruit / Vegetable / Juice ½ cup		100% Fruit Juice		Sliced Cheese	
Meat /Meat Alternative ½ oz	Go Gurt		Ham/Cheese Rollup		
Other Foods	Water	Water	Water	Water	

Week #3	Monday	Tuesday	Wednesday	Thursday	Friday
	Date 5/15/17	Date 5/16/17	Date 5/17/17	Date 5/18/17	Date 5/19/17
Breakfast					
All Three Components					
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Waffle	English Muffin	Pancake on Stick	Biscuit	Bagel
Fruit / Vegetable / Juice ½ cup	Applesauce	Peaches	Pears	Banana	Raisins
Other Foods				Gravy	
Lunch	Spaghetti	Taco Grande	Hot Dog	Grilled Cheese/Tom. Soup	Cod Fish Sticks
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Spaghetti	Tortilla Shell	Bun	Slice Bread	Breading
Fruit / Vegetable / Juice ¼ cup	Green Beans	Corn	French Fries	Tomato Soup	Diced Carrots
Fruit / Vegetable / Juice ¼ cup	Pears	Pineapple	Applesauce	Halo Oranges	Mixed Fruit
Meat /Meat Alternative ½ oz	Ground Beef	Ground Beef/Cheese	Hot Dog	Cheese	Cod Fish
Other Foods	Spaghetti Sauce	Salsa			
P.M. Snack					
Two of Four Components					
Milk 6oz			Milk		
Grains / Bread ½ slice	Pretzels	Graham Crackers	Cookie	Saltines	Wheat Thins
Fruit / Vegetable / Juice ½ cup		100% Fruit Punch			
Meat /Meat Alternative ½ oz	Go Gurt			Cheese	Turkey Cheese Rollup
Other Foods		Water		Water	Water

Week #4	Monday	Tuesday	Wednesday	Thursday	Friday
	Date 5/22/17	Date 5/23/17	Date 5/24/17	Date 5/25/17	Date 5/26/17
Breakfast					
All Three Components					
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Cereal	Blueberry Muffin	Cinnamon Toast	English Muffin	Cereal
Fruit / Vegetable / Juice ½ cup	Raisins	Applesauce	Pineapple	Pears	½ Banana
Other Foods				Jelly	
Lunch	Chicken & Rice	Macaroni & Cheese	Meatballs	Hamburger	Club Sandwich
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Rice	Macaroni	½ Slice Bread	Bun	Bread
Fruit / Vegetable / Juice ¼ cup	Mixed Vegetables	Peas	Baked Beans	Green Beans	Baked Chips
Fruit / Vegetable / Juice ¼ cup	Peaches	Pears	Baked Apples	Mixed Fruit	Peaches
Meat /Meat Alternative ½ oz	Diced Chicken	Smokies	Meatballs	Hamburger Patty	Ham/Turkey
Other Foods	Cream of Chicken	Cheese	BBQ Sauce	Marinara/Cheese	Cheese
P.M. Snack					
Two of Four Components					
Milk 6oz			Milk		
Grains / Bread ½ slice	Saltines	Goldfish	Cookies	Animal Crackers	Wheat Thins
Fruit / Vegetable / Juice ½ cup				100% Fruit Punch	
Meat /Meat Alternative ½ oz	Cheese	Go Gurt			Cheese Stick
Other Foods	Water	Water			Water

Week #5	Monday	Tuesday	Wednesday	Thursday	Friday
	Date 5/29/17	Date 5/30/17	Date 5/31/17	Date 6/1/17	Date 6/2/17
Breakfast					
All Three Components					
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Oatmeal	Bagel	Pancake on Stick	Biscuit	Blueberry Muffins
Fruit / Vegetable / Juice ½ cup	Raisins	Peach	Applesauce	Pears	½ Banana
Other Foods				Jelly	
Lunch	Grilled Cheese/Tom. Soup	Goulash	Hot Dogs	Pizza	Ham Sandwich
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Slice Bread	Macaroni	Buns	English Muffin	Slice Bread
Fruit / Vegetable / Juice ¼ cup	Tomato Soup	Peas	Baked Beans	Tossed Salad	Carrots
Fruit / Vegetable / Juice ¼ cup	Pears	Mixed Fruit	Mandarin Oranges	Pineapple	Apples
Meat /Meat Alternative ½ oz	Cheese	Ground Beef	Hot Dog	Pepperoni	Ham
Other Foods				Cheese	Cheese
P.M. Snack					
Two of Four Components					
Milk 6oz			Milk		
Grains / Bread ½ slice	Pretzels	Graham Crackers	Chips / Salsa	Vanilla Wafers	Goldfish
Fruit / Vegetable / Juice ½ cup		100% Fruit Punch			Raisins
Meat /Meat Alternative ½ oz	Cheese Sticks			Go Gurt	
Other Foods	Water			Water	Water

Week #6	Monday	Tuesday	Wednesday	Thursday	Friday
	Date 6/5/17	Date 6/6/17	Date 6/7/17	Date 6/8/17	Date 6/9/17
Breakfast					
All Three Components	Hash Brown Casserole				
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	½ Slice Bread	Cereal	English Muffin	Cinnamon Toast	Waffles
Fruit / Vegetable / Juice ½ cup	Hash Browns	½ Banana	Applesauce	Raisins	Peaches
Other Foods	Ham				
Lunch	Hamburger	Chicken Patty	Mini Corn Dogs	Taco Salad	Turkey Sandwich
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Bun	Breading	Breading	Tortilla Chips	Slice Bread
Fruit / Vegetable / Juice ¼ cup	Tater Tots	Green Beans	French Fries	Spanish Rice	Carrots
Fruit / Vegetable / Juice ¼ cup	Oranges	Peaches	Mixed Fruit	Pineapple	Grapes
Meat /Meat Alternative ½ oz	Hamburger	Chicken Patty	Hot Dog	Hamburger	Turkey
Other Foods				Cheese	Cheese
P.M. Snack					
Two of Four Components					
Milk 6oz					
Grains / Bread ½ slice	Saltines	Vanilla Wafers	Ham /Cheese Roll	Animal Crackers	Pretzels
Fruit / Vegetable / Juice ½ cup		100% Fruit Punch		Apples	Cheese Sticks
Meat /Meat Alternative ½ oz	Cheese		Sliced Ham		
Other Foods	Water		Water	Water	Water

