

Week #1	Monday	Tuesday	Wednesday	Thursday	Friday
(WG)= Whole Grain	Date 9/4/17	Date 9/5/17	Date 9/6/17	Date 9/7/17	Date 9/8/17
Breakfast	Labor Day				
All Three Components					
Milk 6oz		Milk	Milk	Milk	Milk
Grains / Bread ½ slice		Bagel	Blueberry Mini Pancakes (WG)	Biscuit	Cereal (WG)
Fruit / Vegetable / Juice ½ cup		Pineapples	Applesauce	Peaches	½ Banana
Other Foods				Jelly	
Lunch		Meatballs	Taco Salad	Chicken & Noodles	Pizza
Milk 6oz		Milk	Milk	Milk	Milk
Grains / Bread ½ slice		½ Sliced Bread (WG)	Corn Chips	½ Slice Bread (WG)	Whole Grain Crust
Fruit / Vegetable / Juice ¼ cup		Baked Beans	Lettuce/Tomato	Mashed Potatoes	Corn
Fruit / Vegetable / Juice ¼ cup		Mixed Fruit	Pears	Peas	Apples
Meat /Meat Alternative ½ oz		Meatballs	Hamburger	Chicken	Pepperoni
Other Foods			Salsa	Noodles	Cheese
P.M. Snack					
Two of Four Components					
Milk 6oz		Water	Milk		Water
Grains / Bread ½ slice		Wheat Thins (WG)	Graham Crackers	Pretzels (WG)	Animal Crackers
Fruit / Vegetable / Juice ½ cup				100% Fruit Juice	Raisins
Meat /Meat Alternative ½ oz		Cheese Stick			
Other Foods					

Week #2	Monday	Tuesday	Wednesday	Thursday	Friday
(WG) = Whole Grain	Date 9/11/17	Date 9/12/17	Date 9/13/17	Date 9/14/17	Date 9/15/17
Breakfast					
All Three Components		Breakfast Casserole			
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	½ Biscuit	Blueberry Muffin	Toast (WG)	French Toast Sticks (WG)	Cereal (WG)
Fruit / Vegetable / Juice ½ cup		Raisins		Strawberries	½ Banana
Other Foods	Sausage		Scrambled Eggs		
Lunch	Macaroni & Cheese	Tomato Soup & Grilled Cheese	Sloppy Joe	Soft Taco	Pizza
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Macaroni (WG)	Bread (WG)	Bun	Tortilla	Whole Grain Crust
Fruit / Vegetable / Juice ¼ cup	Peas	Tomato Soup	Green Beans	Corn	Fresh Carrots
Fruit / Vegetable / Juice ¼ cup	Peaches	Mixed Fruit	Pineapples	Orange	Fresh Apples
Meat /Meat Alternative ½ oz	Smokies		Hamburger	Hamburger	
Other Foods	Cheese	Cheese		Cheese	Ranch
P.M. Snack					
Two of Four Components					
Milk 6oz			Milk		Milk
Grains / Bread ½ slice	Crackers	Pretzels (WG)	Tortilla	Corn Chips	Cookie
Fruit / Vegetable / Juice ½ cup				Salsa	
Meat /Meat Alternative ½ oz	Cheese	Grapes	Wow Butter		
Other Foods	Water	Water	Water	Water	

Week #3	Monday	Tuesday	Wednesday	Thursday	Friday
(WG) = Whole Grain	Date 9/18/17	Date 9/19/17	Date 9/20/17	Date 9/21/17	Date 9/22/17
Breakfast					
All Three Components					
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Bagel	English Muffin	Biscuit	Pancake On A Stick	Oatmeal
Fruit / Vegetable / Juice ½ cup	Peaches	Mixed Fruit	Raisins	Applesauce	½ Banana
Other Foods			Gravy		
Lunch	Chicken Patty	Hamburger	Chicken Pot Pie	Goulash	Ham Sandwich
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Breading (WG)	Bun	Biscuit	Macaroni (WG)	Sliced bread (WG)
Fruit / Vegetable / Juice ¼ cup	Green Beans	Fries	Mixed veggies	Peas	Carrots
Fruit / Vegetable / Juice ¼ cup	Baked Apples	Pears	Mandarin Qranges	Pineapple	Apples
Meat /Meat Alternative ½ oz	Chicken	Hamburger patty	Chicken	Ground Beef	Ham
Other Foods			Country Gravy		Cheese
P.M. Snack					
Two of Four Components					
Milk 6oz			Milk		
Grains / Bread ½ slice	Wheat thins	Pretzels (WG)	Chips (WG)	Celery	Goldfish
Fruit / Vegetable / Juice ½ cup	Raisins	100% Fruit Punch			Orange
Meat /Meat Alternative ½ oz				Grapes	
Other Foods	Water	Water		Water	Water

Week #4	Monday	Tuesday	Wednesday	Thursday	Friday
	Date 9/25/17	Date 9/26/17	Date 9/27/17	Date 9/28/17	Date 9/29/17
Breakfast					
All Three Components					
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	½ Biscuit	Blueberry Muffin	Toast (WG)	French Toast Sticks (WG)	Cereal (WG)
Fruit / Vegetable / Juice ½ cup		Raisins		Strawberries	½ Banana
Other Foods	Sausage		Scrambled Eggs		
Lunch	Macaroni & Cheese	Tomato Soup & Grilled Cheese	Sloppy Joe	Soft Taco	Pizza
Milk 6oz	Milk	Milk	Milk	Milk	Milk
Grains / Bread ½ slice	Macaroni	Bread (WG)	Bun	Tortilla	Crust (WG)
Fruit / Vegetable / Juice ¼ cup	Peas	Tomato Soup	Green Beans	Corn	Carrots
Fruit / Vegetable / Juice ¼ cup	Pears	Mixed Fruit	Pineapples	Orange	Apples
Meat /Meat Alternative ½ oz	Smokies		Hamburger	Hamburger	
Other Foods	Cheese	Cheese			Ranch
P.M. Snack					
Two of Four Components					
Milk 6oz			Milk		
Grains / Bread ½ slice	Saltines	Pretzels (WG)	Cookie	Tortilla	Corn Chips
Fruit / Vegetable / Juice ½ cup					Salsa
Meat /Meat Alternative ½ oz	Cheese	Grapes		Wow Butter	
Other Foods	Water	Water		Water	Water

