



Weekly Menu #1

| Day | Breakfast | Lunch | PM Snack |
|------------|---|---|---|
| Monday | Cheese Toasted on WW Bread, Fruit or 100% Fruit Juice, Milk | Black Eyed Peas, Carrots, Cornbread, Pears, Milk | Applesauce, Graham Crackers, Water |
| Tuesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Baked Fish, Baked Tater Tots, WW Roll, Peaches, Milk | Crackers, Nonfat Vanilla Yogurt, Water |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Meatballs & Brown Gravy, Whole Wheat Egg Noodles, Steamed Vegetables (Squash, Zucchini, Cauliflower, Broccoli), Pears, Milk | Teddy Grahams, Milk or 100% Fruit Juice |
| **Thursday | Raisin Bread, Applesauce, Milk | Chicken Salad on Fresh Spinach, WW Crackers, Fruit Cocktail, Milk | WW Sun Chips, Milk |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | WW Rotini Noodles with Meat Sauce, 3 Bean (green, wax, red kidney) Salad, Peaches, Milk | Cheese, Crackers, Water |

◆ Thursdays are reserved as Manager's choice days. Menu is subject to change!

- NOTE:
- Unflavored Whole Milk served to children ages 12-23 months, 1% or Skim Unflavored Milk served to children ages 2-5 years of age
 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kellogg's All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple

Weekly Menu #2

| Day | Breakfast | Lunch | PM Snack |
|------------|--|--|---|
| Monday | Biscuit, Fruit or 100% Fruit Juice, Milk | Crowder Peas, Slaw, Cornbread, Apple Rings, Milk | Post Grape Nuts, Nonfat Vanilla Yogurt, Water |
| Tuesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | BBQ Chicken on WW Roll, Potato Medley, Green Beans, Milk | String Cheese, Ritz Crackers, Water |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Ham on WW Roll, Cooked Apples, Cream Corn, Milk | Teddy Grahams, Milk |
| **Thursday | Bagels, Applesauce, Milk | Tuna Salad on WW Roll, Mixed Vegetables, Pineapple, Milk | WG Goldfish, Milk or 100% Fruit Juice |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Turkey over Brown Rice, Carrots, Fruit Cocktail, Milk | Graham Crackers, Milk |

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- NOTE:
- Unflavored Whole Milk served to children ages 12-23 months, 1% or Skim Unflavored Milk served to children ages 2-5 years of age
 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kelloggs All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple

Weekly Menu #3

| Day | Breakfast | Lunch | PM Snack |
|------------|--|---|----------------------------------|
| Monday | English Muffin, Fruit or 100% Fruit Juice, Milk | WW Pizza with extra Cheese, Mixed Vegetable, Pears, Milk | Graham Crackers, Milk |
| Tuesday | Bran Muffins, Fruit or 100% Fruit Juice, Milk | Salisbury Steak, Mashed Potatoes, Green Beans, WW Roll, Milk | WW Crackers, Cubed Cheese, Water |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Pork N Beans, Corn, Mandarin Oranges, WW Roll, Milk | Cracker, Grapes or Melons, Water |
| **Thursday | Bagels, Applesauce, Milk | Baked Fish, Baked Sweet Potato Tots, Slaw, WW Roll, Milk | WW Sun Chips, Milk |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Chicken over WW Penne' Noodles, Okra & Tomatoes, Fruit Cocktail, Milk | Edamame, WW Crackers, Water |

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- NOTE:
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 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kelloggs All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple

Weekly Menu #4

| Day | Breakfast | Lunch | PM Snack |
|------------|--|---|--|
| Monday | Waffles, Fruit or 100% Fruit Juice, Milk | Meat Loaf, Mashed Potatoes, Green Beans, WW Roll, Milk | WG Goldfish Crackers, Milk or 100% Fruit Juice |
| Tuesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Cheese Toasted on WW Bread, Vegetable/Tomato Soup, Fruit Cocktail, Milk | Graham Crackers, Milk |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Turkey on Hilltop Hearth Pita Bread, Kale Salad, Apple Rings, Milk | Ritz Crackers, String Cheese, Water |
| **Thursday | Raisin Bread, Applesauce, Milk | Black Bean Burgers on WW Roll, Red Potato, Fruit Cocktail, Milk | Carrots and Dip, WW Crackers, Water |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Spaghetti with Meat Sauce, Corn, Peaches, Milk | Strawberries, WW Crackers, Water |

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- NOTE:
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 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kelloggs All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple

Weekly Menu #5

| Day | Breakfast | Lunch | PM Snack |
|------------|--|--|--|
| Monday | Aunt Jemima WG Frozen Pancakes, Fruit or 100% Fruit Juice, Milk | Ham, Sweet Potatoes, WW Roll, Green Peas, Milk | String Cheese, Ritz Crackers, Water |
| Tuesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Hamburger Sliders on WW Roll, Tator Tots, Beets, Milk | Nonfat Vanilla Yogurt, Post Grape Nuts, Water |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Cheese WW Quesadilla, Green Beans, Peaches, Milk | Teddy Grahams, Milk |
| **Thursday | Bagels, Applesauce, Milk | Tuna on WW Roll, Cook Carrots, Mandarin Oranges, Milk | WG Goldfish, Milk |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Navy Beans, Cooked Cabbage, Corn Bread, Fruit Cocktail, Milk | Apple Wedges, WW Crackers, Water |

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- NOTE:
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 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kelloggs All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple

Weekly Menu #6

| Day | Breakfast | Lunch | PM Snack |
|------------|---|--|--------------------------------|
| Monday | Cheese Toasted on WW Bread, Fruit or 100% Fruit Juice, Milk | WW Mac & Cheese, Stewed Tomatoes, Pineapple, Milk | Celery Sticks, Crackers, Water |
| Tuesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Eggs, Sausage or Turkey Bacon, Grits, Baked Apples, Tomato, WW Toast, Milk | Graham Crackers, Milk |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Turkey on Hilltop Hearth Pita Bread, Kale Salad, Peaches, Milk | Crackers, Cubed Cheese, Water |
| **Thursday | Bagels, Applesauce, Milk | Chicken Salad, WW Crackers, French Style Green Beans, Mandarin Oranges, Milk | WW Sun Chips, Milk |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Baked Beans, Corn, Pears, WW Roll, Milk | Teddy Grahams, Milk |

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- NOTE:
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 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kelloggs All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple

Weekly Menu #7

| Day | Breakfast | Lunch | PM Snack |
|------------|--|---|---|
| Monday | English Muffin, Fruit or 100% Fruit Juice, Milk | Pintos, Cabbage, Corn Bread, Apple Rings, Milk | Post Grape Nuts, Nonfat Vanilla Yogurt, Water |
| Tuesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Tuna on WW Roll, Cooked Carrots, Green Peas, Milk | String Cheese, Ritz Crackers, Water |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Black Bean & Corn WW Quesadilla, Lettuce, Tomato, Cheese, Pears, Milk | Celery, Cracker, Water |
| **Thursday | Raisin Bread, Applesauce, Milk | Baked Chicken Strips, Green Beans, Grapefruit, WW Roll, Milk | Cottage Cheese, Peaches or Melons, Water |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Spaghetti with Meat Sauce, Tossed Salad, Peaches, Milk | Applesauce/Sweet Potato Blend, WW Crackers, Water |

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 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kelloggs All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple

Weekly Menu #8

| Day | Breakfast | Lunch | PM Snack |
|------------|--|---|---|
| Monday | Aunt Jemima WG Frozen Pancakes, Fruit or 100% Fruit Juice, Milk | WW Pizza w/extra Cheese, Corn, Pears, Milk | Cubed Cheese, Crackers, Water |
| Tuesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Eggs, Sausage or Turkey Bacon, Grits, Baked Apples, Tomato, WW Toast, Milk | Cottage Cheese, Peaches, Water |
| Wednesday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Meat Loaf, Mashed Potatoes, Green Beans, WW Roll, Milk | Animal Crackers, Milk |
| **Thursday | Bagels, Applesauce, Milk | White Beans, Cooked Cabbage, Cornbread, Peaches, Milk | WG Goldfish, Milk |
| Friday | WW or WG Cereal, Fruit or 100% Fruit Juice, Milk | Turkey over Brown Rice, Mixed Vegetables, Mandarin Oranges & Pineapple, Milk | Celery Sticks, Crackers, Ranch Dressing, Water |

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- NOTE:
- Unflavored Whole Milk served to children ages 12-23 months, 1% or Skim Unflavored Milk served to children ages 2-5 years of age
 - Cereals served: General Mills Cheerios, General Mills Kix, General Mills Rice Chex, Post Grape Nuts, Kelloggs All Bran Complete Wheat Flakes
 - Juice served: 100% Orange Juice, 100% Cranberry Juice, 100% Apple Juice and must be served no more than once per day
 - Breakfast: Fruit served to children under 2, 100% Fruit Juice or Fruit to children 2, 3, 4, 5
 - PM Snack – Unflavored whole milk served to children under 2, 100% Fruit Juice served to children 2, 3, 4, 5
 - Fruit served: Bananas, Blueberries, Strawberries, Peaches, Cantaloupe, Watermelon, Pineapple