



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, 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 #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:
- 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 #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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 - 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:
- 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 #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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- 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 #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