

# SAMPLE MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE	Pancakes Applesauce Milk	Turkey Sausage Whole Wheat Bread Pears Milk	Waffles Apricots Milk	Oatmeal w/raisins Honey Graham Crackers Mixed Fruit Milk	Corn Flakes Peaches Milk
	Beef Stew Brown Rice Mandarin Oranges* Peas Milk	Salisbury Steak Whole Wheat Bread Mashed Potatoes w/ gravy Apricots Mixed Vegetables Milk	Breaded Chicken Tenders Spanish Rice Peaches Corn* Milk	Homemade Chili w/ cheese Saltines Peas Carrots Milk	Spaghetti w/meat sauce Cheese Pears Green Beans Milk
	Animal Crackers Milk	Round Crackers 100% Fruit Juice	Pretzels 100% Fruit Juice	Cheddar Cheese Crackers 100% Fruit Juice	Yogurt Honey Graham Crackers Water
WEEK TWO	Pancakes Applesauce Milk	Scrambled Eggs Whole Wheat Bread Pears Milk	Waffles Apricots Milk	Oatmeal w/raisins Honey Graham Crackers Mixed Fruit Milk	Rice Krispies Peaches Milk
	Hot Dogs* Whole Wheat Bread Applesauce Carrots Milk	Fish Sticks* Mac n Cheese Pineapples* Peas Milk	Breaded Chicken Tenders Spanish Rice Peaches Corn* Milk	Chili Mac w/cheese Saltines Mandarin Oranges* Mixed Vegetables Milk	Spaghetti w/meat sauce Cheese Pears Green Beans Milk
	Animal Crackers Milk	Round Crackers 100% Fruit Juice	Pretzels 100% Fruit Juice	Cheddar Cheese Crackers 100% Fruit Juice	<b>Parent Snack Day</b> Trail Mix 100% Fruit Juice
WEEK THREE	Pancakes Peaches Milk	Turkey Sausage Whole Wheat Toast Pears Milk	Waffles Mixed Fruit Milk	Oatmeal w/raisins Honey Graham Crackers Apricots Milk	Shredded Wheat Applesauce Milk
	Shredded Chicken Stew Brown Rice Mandarin Oranges* Green Beans Milk	Sloppy Joes w/cheese Whole Wheat Bread Pears Mixed Vegetables Milk	Tuna Casserole* Saltines Pineapple* Carrots Milk	BBQ Diced Chicken Brown Rice Peaches Peas Milk	Beef Nachos w/cheese Mixed Fruit Shredded Lettuce Tomatoes Milk
	Saltines Cheese Water	Thin Wheat Crackers 100% Fruit Juice	White Cheese Crackers 100% Fruit Juice	Wheat Round Crackers 100% Fruit Juice	Yogurt Honey Graham Crackers Water Juice

\*An equivalent substitute item will be served to Infants and Toddlers in place of the following items: hot dogs, corn dogs, fish sticks, tuna casserole, pineapple, mandarin oranges, and corn. **Note: Fresh Fruit/Vegetables will be substituted upon availability**