



# Weekly Menu



Week of:

**\*\*\*Menus are subject to change\*\*\***

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> • Grain/bread • Juice, fruit or vegetables • Milk, fluid • Other foods	• Kix Cereal • Fresh Bananas • Whole/1%/Lactose Free/Soy	• <b>WW</b> - French Toast Sticks • Mandarin Oranges • Whole/1%/Lactose Free/Soy	• Yogurt • Blueberries • Whole/1%/Lactose Free/Soy	• <b>WW</b> - Waffles • Sausage Patties • Whole/1%/Lactose Free/Soy	• Rice Krispy • Pineapples • Whole/1%/Lactose Free/Soy
<b>Lunch</b> • Meat or meat alternate • Vegetables (2) or fruit • Grain/bread • Milk, fluid • Other foods	• Turkey/Cheese Wraps • Sweet Peas • Pineapple Tidbits • <b>WG</b> - Soft Tortilla • Whole/1%/Lactose Free/Soy	• Chicken Vegetable Soup • Mixed Vegetable • Peaches • Bow Tie Noodles • Whole/1%/Lactose Free/Soy	• Sweet/Sour Chicken • Carrot • Applesauce • Brown Rice • Whole/1%/Lactose Free/Soy	• Meatloaf w/gravy • Green Beans • Mixed Fruit • <b>WW</b> – Dinner Rolls • Whole/1%/Lactose Free/Soy	• Chicken Nuggets • Diced Peaches • Tater Tots • <b>WW</b> - Sliced Bread • Whole/1%/Lactose Free/Soy
<b>PM Snack</b> (Two of these four components will be present) • Grain/bread • Juice, fruit or vegetables • Milk, fluid • Meat or meat alternate	• <b>WG</b> – Banana Muffins • Whole/1%/Lactose Free/Soy	• <b>WW</b> – Wheat Thins • Hummus	• Goldfish • 100% Juice	• String Cheese • Sliced Strawberries	• <b>WW</b> – Cream Cheese & Chives Crackers • Whole/1%/Lactose Free/Soy

Children up to age 4 may require texture modification or substitutions of some foods to avoid choking hazard.

**\*Water will be given throughout the day, and as an additional component at snack.**

**Key: \*WG=Whole Grain \*WW=Whole Wheat**



# Weekly Menu



Week of: December 9<sup>th</sup> – 13<sup>th</sup>, 2019

\*\*\*Menus are subject to change\*\*\*

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <ul style="list-style-type: none"> <li>• Grain/bread</li> <li>• Juice, fruit or vegetables</li> <li>• Milk, fluid</li> <li>• Other foods</li> </ul>	<ul style="list-style-type: none"> <li>• <b>WG</b> - Cheerios Cereal</li> <li>• Fresh Sliced Apples</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Biscuit</li> <li>• Mandarin Oranges</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• <b>WW</b> - Pancakes</li> <li>• Diced Peaches</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• Grits or Oatmeal</li> <li>• Tropical Mixed Fruit</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• Chex Cereal</li> <li>• Pears</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>
<b>Lunch</b> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Vegetables (2) or fruit</li> <li>• Grain/bread</li> <li>• Milk, fluid</li> <li>• Other foods</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Alfredo</li> <li>• Broccoli</li> <li>• Banana</li> <li>• <b>WW</b> – Spaghetti Pasta</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• Turkey/Cheese Hoagie</li> <li>• Tropical Mixed Fruit</li> <li>• Green Beans</li> <li>• <b>WW</b> – Hotdog Bun</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• Chicken Patty</li> <li>• Mashed Potatoes</li> <li>• Cooked Carrots</li> <li>• <b>WW</b> – Sliced Bread</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• BBQ Meatballs</li> <li>• Sweet Corn</li> <li>• Pears</li> <li>• <b>WW</b> – Rice</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Pizza</li> <li>• Pineapple Tidbit</li> <li>• Mixed Vegetables</li> <li>• Pizza Crust</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>
<b>PM Snack</b> (Two of these four components will be present) <ul style="list-style-type: none"> <li>• Grain/bread</li> <li>• Juice, fruit or vegetables</li> <li>• Milk, fluid</li> <li>• Meat or meat alternate</li> </ul>	<ul style="list-style-type: none"> <li>• Graham Crackers</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>	<ul style="list-style-type: none"> <li>• Yogurt</li> <li>• Diced Peaches</li> </ul>	<ul style="list-style-type: none"> <li>• Chez-It</li> <li>• 100% Juice</li> </ul>	<ul style="list-style-type: none"> <li>• Cheese Cubes</li> <li>• Ritz Crackers</li> </ul>	<ul style="list-style-type: none"> <li>• Thin Pretzels (Tots – Animal Crackers)</li> <li>• Whole/1%/Lactose Free/Soy</li> </ul>

Children up to age 4 may require texture modification or substitutions of some foods to avoid choking hazard.

\*Water will be given throughout the day, and as an additional component at snack.

Key: \*WG=Whole Grain \*WW=Whole Wheat



# Weekly Menu



Week of: December 16<sup>th</sup> – 20<sup>th</sup>, 2019

**\*\*\*Menus are subject to change\*\*\***

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> • Grain/bread • Juice, fruit or vegetables • Milk, fluid • Other foods	• Rice Krispy • Fresh Bananas • Whole/1%/Lactose Free/Soy	• <b>WW</b> - French Toast Sticks • Diced Peaches • Whole/1%/Lactose Free/Soy	• Hash Brown Patty • Egg Patty • Whole/1%/Lactose Free/Soy	• Yogurt • Pineapple Tidbits • Whole/1%/Lactose Free/Soy	• Shredded Wheats • Mandarin Oranges • Whole/1%/Lactose Free/Soy
<b>Lunch</b> • Meat or meat alternate • Vegetables (2) or fruit • Grain/bread • Milk, fluid • Other foods	• Chicken Nuggets • Tater Tots • Pineapple Tidbits • <b>WW</b> – Sliced Bread • Whole/1%/Lactose Free/Soy	• Tomato Soup • Mixed Vegetables • Sliced Apples • <b>WW</b> – Wheat Thins • Whole/1%/Lactose Free/Soy	• Salisbury Steak w/gravy • Mixed Vegetables • Mashed Potatoes • <b>WW</b> – Dinner Rolls • Whole/1%/Lactose Free/Soy	• Baked Ziti • Green Beans • Mixed Fruit • <b>WW</b> – Penne Pasta • Whole/1%/Lactose Free/Soy	• Turkey/Cheese Wraps • Carrot sticks • Applesauce • <b>WW</b> – Soft Tortilla • Whole/1%/Lactose Free/Soy
<b>PM Snack</b> (Two of these four components will be present) • Grain/bread • Juice, fruit or vegetables • Milk, fluid • Meat or meat alternate	• Blueberry Muffins • Whole/1%/Lactose Free/Soy	• <b>WW</b> – Wheat Thins • Apple Slices	• Teddy Grahams • 100% Juice	• Tortilla Chips • Salsa or Hummus	• <b>WW</b> – Cheese Crackers • Whole/1%/Lactose Free/Soy

Children up to age 4 may require texture modification or substitutions of some foods to avoid choking hazard.

\*Water will be given throughout the day, and as an additional component at snack.

**Key: \*WG=Whole Grain \*WW=Whole Wheat**



# Weekly Menu



Week of: December 23<sup>rd</sup> – 27<sup>th</sup>, 2019

\*\*\*Menus are subject to change\*\*\*

Meal Components	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> • Grain/bread • Juice, fruit or vegetables • Milk, fluid • Other foods	• Kix Cereal • Fresh Bananas • Whole/1%/Lactose Free/Soy	• Biscuits • Sausage Patty • Whole/1%/Lactose Free/Soy			• Rice Krispy • Pineapples • Whole/1%/Lactose Free/Soy
<b>Lunch</b> • Meat or meat alternate • Vegetables (2) or fruit • Grain/bread • Milk, fluid • Other foods	• Cheese Pizza • Green Beans • Pineapple Tidbits • Pizza Crust • Whole/1%/Lactose Free/Soy	• BBQ Meatballs • Sweet Corn • Apple Slices • <b>WW</b> – Rice • Whole/1%/Lactose Free/Soy			• Chicken Patty • Diced Peaches • Tater Tots • <b>WW</b> - Sliced Bread • Whole/1%/Lactose Free/Soy
<b>PM Snack</b> (Two of these four components will be present) • Grain/bread • Juice, fruit or vegetables • Milk, fluid • Meat or meat alternate	• Graham Crackers • Whole/1%/Lactose Free/Soy	• Ritz Crackers • Celery or Carrot Sticks w/Ranch (String Cheese - Tots)			• Fresh Baked Cookies • Whole/1%/Lactose Free/Soy

Children up to age 4 may require texture modification or substitutions of some foods to avoid choking hazard.

\*Water will be given throughout the day, and as an additional component at snack.

Key: \*WG=Whole Grain \*WW=Whole Wheat