

Menu Form for children ages 1-12 years

Month Menu # 6 Year 2017

	Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<ul style="list-style-type: none"> Bread or bread alternate (including cereal) Juice or fruit or vegetable <ul style="list-style-type: none"> Milk, Fluid 	Cereal Juice Milk	Cereal Juice Milk	Cereal Juice Milk	Cereal Juice Milk	Cereal Juice Milk
Snack	<ul style="list-style-type: none"> Milk, fluid Juice or fruit or vegetable Bread or bread alternate Meat or meat alternate 	Juice Cereal Mix (craisins, choc. Chex, corn chex, fruit snacks)	Water Fruit Salad Wheat Ritz	Juice Mini Wheat Bagels Cream Cheese	Juice Quesadillas	Juice Banana Bread
Lunch	<ul style="list-style-type: none"> Meat or meat alternate Vegetable and/or fruit 2nd Vegetable or fruit Bread or bread alternate <ul style="list-style-type: none"> Milk, fluid 	Fish Sticks Cheesy Green Beans Applesauce Bread and Butter Milk	Turkey Loafs Mashed Potatoes Bananas Rolls Milk	Chicken Alfredo Peas Peaches Noodles Milk	Meatballs Spaghetti Sauce Corn Apricots Bread and Butter Milk	Cheesy Potatoes (ham) Mixed Veggies Mandarin Oranges Hash Browns Milk
Snack	<ul style="list-style-type: none"> Milk, fluid Juice or fruit or vegetable Bread or bread alternate Meat or meat alternate 	Water Carrots/Dip Sociable Crackers	Juice Honey Granola Bars	Juice Ranch Chex Mix	Water Sausage/Cheese Wheat Ritz	Water Cherry Tomatoes Mozzarella Cheese Tomato/basil wheat thins

Use these codes: (1) New food, (2) Nutrition activity, (A) Vitamin A food, (C) Vitamin C food, (HM) Center made (S) Seasonal