

Menu Form for children ages 1-12 years

Month Menu #2 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 	Water Applesauce Rosemary Olive Triscuits	Juice Biscuits Honey	Water Cheese Ritz Whole Wheat Crackers	Juice Strawberry Yogurt Animal Crackers	Juice Pumpkin 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 	Hot Ham/Cheese Green Beans Bananas Bun Milk	Tator Tot Casserole (Hamburger) Fresh Spinach Melon Rolls Milk	Italian Chicken Mashed Potatoes Pineapple Bread & Butter Milk	Fish Sandwich Coleslaw Pears Bun Milk	Pizza Casserole Mixed Veggies Grapes Rolls Milk
Snack	<ul style="list-style-type: none"> • Milk, fluid • Juice or fruit or vegetable • Bread or bread alternate • Meat or meat alternate 	Juice Trail Mix (dried fruit, raisins, chex, pretzels, marshmallows)	Water String Cheese Pepperoni Chicken Biscuits	Water Peaches Cottage Cheese Wheat Thins	Water Broccoli/Cauliflower Saltines	Water Fruit Ice Cream Cone

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