

# Sample MENU

\*\* 1 year olds are served Whole Milk  
 \*\*2 year olds & older are served 1% Milk  
 \*\*Milk substitutes are served with medical documentation

				1	2
	5	6	7	8	9
<b>Breakfast:</b> Sausage Biscuit, Pineapple, & Milk <b>Lunch:</b> Pizza w/ Whole Grain Crust, Applesauce, Corn, & Milk <b>X Whole Grain</b> <b>Snack:</b> Goldfish & White Grape Juice	<b>Breakfast:</b> English Muffin, Applesauce & Milk <b>Lunch:</b> Turkey & Cheese Sandwich on Whole Wheat Bread, Peaches, Green Beans & Milk <b>X Whole Grain</b> <b>Snack:</b> Ritz Crackers w/ Cheese & Milk	<b>Breakfast:</b> French Toast Sticks, Peaches, & Milk <b>Lunch:</b> Chicken Nuggets, Peas, Carrots, Whole Wheat Bread, & Milk <b>X Whole Grain</b> <b>Snack:</b> Turkey & Cheese Roll Up & Milk	<b>Breakfast:</b> Cheese Toast, Pears, & Milk <b>X Whole Grain</b> <b>Lunch:</b> Cheeseburger on Bun, Mixed Fruit, Baked Beans & Milk <b>Snack:</b> Animal Crackers & Milk	<b>Breakfast:</b> Jelly Biscuit, Mixed Fruit, & Milk <b>Lunch:</b> Chicken w/ Rice, Pineapple, Peas, Whole Wheat Bread, & Milk <b>X Whole Grain</b> <b>Snack:</b> Sun Chips & White Grape Juice	
	12	13	14	15	16
<b>Breakfast:</b> Sausage Biscuit, Pineapple, & Milk <b>Lunch:</b> Pizza w/ Whole Grain Crust,, Apples, Corn, & Milk <b>X Whole Grain</b> <b>Snack:</b> Goldfish & Apple Juice	<b>Breakfast:</b> English Muffin, Apples & Milk <b>Lunch:</b> Turkey Bologna & Cheese Sandwich on Whole Wheat Bread, Peaches, Mixed Vegetables, & Milk <b>X Whole Grain</b> <b>Snack:</b> Ritz Crackers w/ Cheese & Milk	<b>Breakfast:</b> French Toast Sticks, Peaches, & Milk <b>Lunch:</b> Fish Sticks, Peas, Mashed Potatoes, Whole Wheat Bread, & Milk <b>X Whole Grain</b> <b>Snack:</b> Turkey & Cheese Roll Up & Milk	<b>Breakfast:</b> Cheese Toast, Pears, & Milk <b>X Whole Grain</b> <b>Lunch:</b> Cheeseburger on Bun, Mixed Fruit, Baked Beans & Milk <b>Snack:</b> Animal Crackers & Milk	<b>Breakfast:</b> Jelly Biscuit, Mixed Fruit, & Milk <b>Lunch:</b> Chicken Pasta, Pineapple, Salad w/ Ranch Dressing, Whole Wheat Bread & Milk <b>X Whole Grain</b> <b>Snack:</b> Fritos & Apple Juice	
	19	20	21	22	23
<b>Breakfast:</b> Sausage Biscuit, Pineapple, & Milk <b>Lunch:</b> Pizza w/ Whole Grain Crust, Applesauce, Corn, & Milk <b>X Whole Grain</b> <b>Snack:</b> Goldfish & White Grape Juice	<b>Breakfast:</b> English Muffin, Applesauce & Milk <b>Lunch:</b> Turkey & Cheese Sandwich on Whole Wheat Bread, Peaches, Green Beans & Milk <b>X Whole Grain</b> <b>Snack:</b> Ritz Crackers w/ Cheese & Milk	<b>Breakfast:</b> French Toast Sticks, Peaches, & Milk <b>Lunch:</b> Chicken Nuggets, Peas, Carrots, Whole Wheat Bread, & Milk <b>X Whole Grain</b> <b>Snack:</b> Turkey & Cheese Roll Up & Milk	<b>Breakfast:</b> Cheese Toast, Pears, & Milk <b>X Whole Grain</b> <b>Lunch:</b> Cheeseburger on Bun, Mixed Fruit, Baked Beans & Milk <b>Snack:</b> Animal Crackers & Milk	<b>Breakfast:</b> Jelly Biscuit, Mixed Fruit, & Milk <b>Lunch:</b> Chicken w/ Rice, Pineapple, Peas, Whole Wheat Bread, & Milk <b>X Whole Grain</b> <b>Snack:</b> Sun Chips & White Grape Juice	
	26	27	28	29	30
<b>Breakfast:</b> Sausage Biscuit, Pineapple, & Milk <b>Lunch:</b> Pizza w/ Whole Grain Crust, Apples, Corn, & Milk <b>X Whole Grain</b> <b>Snack:</b> Goldfish & Apple Juice	<b>Breakfast:</b> English Muffin, Apples & Milk <b>Lunch:</b> Turkey Bologna & Cheese Sandwich on Whole Wheat Bread, Peaches, Peas, & Milk <b>X Whole Grain</b> <b>Snack:</b> Ritz Crackers w/ Cheese & Milk	<b>Breakfast:</b> French Toast Sticks, Peaches, & Milk <b>Lunch:</b> Fish Sticks, Peas, Mashed Potatoes, Whole Wheat Bread, & Milk <b>X Whole Grain</b> <b>Snack:</b> Turkey & Cheese Roll Up & Milk	<b>Breakfast:</b> Cheese Toast, Pears, & Milk <b>X Whole Grain</b> <b>Lunch:</b> Cheeseburger on Bun, Mixed Fruit, Baked Beans & Milk <b>Snack:</b> Animal Crackers & Milk	<b>Breakfast:</b> Jelly Biscuit, Mixed Fruit, & Milk <b>Lunch:</b> Chicken Pasta, Pineapple, Salad w/ Ranch Dressing, Whole Wheat Bread & Milk <b>X Whole Grain</b> <b>Snack:</b> Fritos & Apple Juice	