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| 3  1 | **BREAKFAST** | **LUNCH** | **PM SNACK** |
| **M**  **O**  **N**  **D**  **A**  **Y** | 100% Whole Grain Cereal  100% Juice  Milk | Pork Super Rib  Ranch Style Beans, Peaches, Sliced Bread, & Milk | Ritz Crackers  American Cheese Slices |
| **T**  **U**  **E**  **S**  **D**  **A**  **Y** | Pancakes  Applesauce  Milk | \*\*WGR Chicken Patty  Mashed Potatoes, English Peas,  & Milk | Graham Crackers  100% Juice |
| **W**  **E**  **D**  **N**  **E**  **S**  **D**  **A**  **Y** | Biscuits  Mandarin Oranges  Milk | Beef Patty w/Cheese on a Bun  French Fries, Mixed Fruit,  Milk | Cooked Ham Slices  \*\*WGR Sliced Bread |
| T  H  U  R  S  D  A  Y | Waffles  Applesauce  Milk | Barbeque Wieners,  \*\*WGR Sliced Bread,  Whole Kernel Corn, Green Beans,  & Milk | Cheese Crackers  100% Juice |
| **F**  **R**  **I**  **D**  **A**  **Y** | 100% Whole Grain Cereal  100% Juice  Milk | Ham & Cheese on  Sliced Bread  Mixed Green Salad, Bananas,  & Milk | Saltine Crackers  American Cheese Slices |
| Cereal is rotated each serving day. The kinds of cereal used are 100% whole grain w/6g or less sugar per 1 oz. serving  100% juice is used at each serving and the flavors are rotated daily.  Whole Milk is served to the 1 year olds and 1% milk is served to the 2 – 12 year olds.  All meats served are CN label.  Water is available at all meals.  \*\*WGR (whole grain rich) > Served once per day. Must be 50% to 100% Whole Grain. | | |

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**WEEKLY MENU**

**(WEEK TWO)**