

Week one - Jan. 3-7	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b>  <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	Cereal	Waffles	Toast w/ Jelly	Blueberry Bread	Cereal
	Raisins	Applesauce	Blueberries - FF, GF	Grapes	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Lunch</u></b>  <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Beef Rice Casserole	Cheesy Broccoli Soup	Turkey	Keilbasa	Tuna Sandwich
	(Rice)	Saltines	Stuffing	Cornbread	(Bread)
	Pineapple	Apples	Pears	Bananas	Grapes
	Peas	(Broccoli)	Mashed Potatoes	Baked Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Snack</u></b>  <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit / Juice</li> <li>• Meat or meat alternate</li> </ul>	Animal Crackers	Cinnamon Pretzels	Milk	Tortilla Chips	Oyster Crackers
	Craisins	Juice	Granola Bars	Salsa	Raisins

Water is available at all meals. At breakfast and lunch, it will be available after the milk is served. For snack, if no beverage is listed, water will be offered with the snack.

Note about our meats: All beef and poultry are cooked from fresh on-site. Pork, fish and luncheon meat products may be pre-cooked. Meat alternates include items such as eggs, cheese, yogurt, or dry cooked beans.

Week Two -- Jan.10-14	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b>  <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	Graham Crackers	Sausage	Oatmeal Bars	Yogurt	Cereal
	Pears	Hasbrowns	Mand. Oranges	Strawberries	Apples
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Lunch</u></b>  <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Beef Tacos  (Tortilla Shell)	Tuna Noodle Casserole  (Egg Noodles)	Beef Meatloaf  Buttered Bread	Pepperoni  Rice-A-Roni	Ham and Cheese Roll Up  (Tortilla Shell)
	Oranges	Mixed Fruit	Pineapple	Applesauce	Grapes
	Carrot sticks	Peas	Mashed Potatoes	Green Beans	Pickles
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Snack</u></b>  <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit /Juice</li> <li>• Meat or meat alternate</li> </ul>	Goldfish	Chex Mix	Milk  Nutraigrain bars	1 % Milk  Rice Krispy bars	Ritz Crackers
	Craisins	Juice			Pepperoni

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Week Three -- Jan. 17-21	Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Breakfast</u></b> <i>Must include one serving of each of these three items:</i> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	Graham Crackers	Scrambled Eggs	Coffee Cake	Bagels w/ Cream Cheese	Cereal
	Grapes	Mand. Oranges	Applesauce	Blueberries	Craisins
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b><u>Lunch</u></b> <i>Must include one serving of each of these five items:</i> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Chicken Alfredo over Noodles (Egg Noodles)	Cheese Pizza (Pizza Crust)	Hawaiian Ham Salad  Macaroni Noodles	Beef Goulash  Macaroni Noodles	BBQ Chicken Rollup  (Tortilla Shell)
	Peaches	Apples	Pineapples	Pears	Oranges
	Broccoli	Carrots	Peas	Corn	Green Beans
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<b><u>Snack</u></b> <i>Must include one serving of two items in the following list:</i> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit / Juice</li> <li>• Meat or meat alternate</li> </ul>	Trail Mix  Raisins	Tortilla chips	Goldfish  Carrots sticks w/ ranch	Oyster Crackers  Cucumbers w/ranch	Pretzels   cheese
		Cheese			

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Week four -- Jan. 24-28	Monday	Tuesday	Wednesday	Thursday	Friday
<p><b><u>Breakfast</u></b>  <i>Must include one serving of each of these three items:</i></p> <ul style="list-style-type: none"> <li>• Grain/Meat or meat Alternate</li> <li>• Fruit or vegetable</li> <li>• Milk</li> </ul>	Graham Crackers	English Muffins	French toast sticks	Applesauce Bars	Cereal
	Apples	Pears	Peaches	Raisins	Bananas
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Lunch</u></b>  <i>Must include one serving of each of these five items:</i></p> <ul style="list-style-type: none"> <li>• Meat or meat alternate</li> <li>• Grain</li> <li>• Fruit or vegetable</li> <li>• Vegetable</li> <li>• Milk</li> </ul>	Ham	Beef Stroganoff	Chicken Noodle Soup	Fish Sticks	Chicken Salad Sandwich
	Saltine Crackers	(Egg noodles)	Oyster Crackers	Tator tots	(Bun)
	Scalloped Potatoes	Peas	Apples	Grapes	Apples
	Pineapple	Applesauce	Carrots	Green beans	Carrot Sticks w/ ranch
	1 % Milk	1 % Milk	1 % Milk	1 % Milk	1 % Milk
<p><b><u>Snack</u></b>  <i>Must include one serving of two items in the following list:</i></p> <ul style="list-style-type: none"> <li>• Milk</li> <li>• Grain</li> <li>• Vegetable</li> <li>• Fruit / Juice</li> <li>• Meat or meat alternate</li> </ul>	Veggie Straws	Grahams	1% Milk	Ritz Crackers	Trail Mix
	Craisins	Raisins	Brownies	Summer Sausage	Fruit Juice

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