

## MENU

### WEEK ONE

MENU PATTERNS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack -serve one item from 2 food groups	*Cereal  *Milk	*mini Bagels with Cream Cheese  *Milk	*Pancakes  *Milk	*Yogurt *fruit  *Milk	*fruit smoothies *rice cakes
Lunch -serve one item from each of 4 food groups *fruit or extra items from home	*Chicken Fried Rice *Veggies  *Milk	*Grilled Cheese on Whole wheat bread *sliced ham  *Mixed Veggies  *Milk	*Chili (ground beef, beans, tomatoes, green peppers)  *Whole wheat buns  *Milk	*Chicken Vegetable soup (chicken broth, tomatoes, chicken, mixed veggies, fine noodles)  *Milk	*Chowmein casserole (hamburger, cream base, celery, bean sprouts and chow mein noodles) *rice  *Milk
PM Snack -serve one item from 2 food groups	*veggies & dip *crackers * milk	*Yogurt  *fruit *milk	*Crackers *Meat *Pickles *milk	* Apple sauce (unsweetened) *milk	* fruit *Graham Crackers *milk

\*\*Whole Milk and water are offered at each meal.

\*\*Unsweetened Juices are used.

\*\*For Lunch, extra fruit or veggies, nutrigrain bars, raisins, crackers, or homemade cookies/treats will be offered on a rotational basis after the children have tried the meal. All items are nut free.

\*Any sauces or broths used in making the meals are low sodium\*\*

\*\*Substitutions may be made within the same food group. All snacks include items from 2 food groups and Lunches include items from 4 food groups at all times.

## MENU

### WEEK TWO

MENU PATTERNS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack -serve one item from 2 food groups	*cereal *milk	*waffles  *Milk	*Yogurt *bananas *milk	*cereal *Milk	*Rice Cakes (unsalted) *fruit  *Milk
Lunch -serve one item from each of 4 food groups *fruit or extra items from home	* Turkey Casserole (ground turkey, cream of chicken soup, noodles)  *Peas  *Milk	pizza (pizza sauce, pineapple, meat and cheese) *mushrooms & green peppers  *Milk	*Fish sticks  *rice  *veggies  *Milk	* Build your own sandwiches *meat & cheese  *veggies  *Milk	*beef casserole (cottage cheese, tomato sauce, veggies, cheese)  *veggies  *Milk
PM Snack -serve one item from 2 food groups	*Fruit *Rice Cakes  *Milk	*Cheese Cubes  *Breton Crackers Milk	* Animal crackers *seasonal fruit  *Milk	*hummus  * whole wheat pitas  *Milk	*Jell-O with fruit  *Milk

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\*\*Unsweetened Juices are used.

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\*Any sauces or broths used in making the meals are low sodium\*\*

\*\*Substitutions may be made within the same food group. All snacks include items from 2 food groups and Lunches include items from 4 food groups at all times.

## MENU

### WEEK THREE

MENU PATTERNS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack -serve one item from 2 food groups	*Nutrigrain bars  *Milk	*Cereal  *Milk	*Yogurt *fruit * Milk	*Seasonal Fruit *Rice Cakes  *Milk	*Cereal  *Milk
Lunch -serve one item from each of 4 food groups *fruit or extra items from home	*Mexican Rice Dish (ground chicken, rice, corn, gr.peppers & tomatoes)  *Milk	* Pita pockets (whole wheat pita filled with cheese, lettuce, chicken and mayo) *Milk	*baked Chicken Nuggets  *rice  *veggies  *Milk	*Quesadillas (whole wheat tortillas, hamburger, green peppers & mushrooms, cheese, beans)  *Veggies  *Milk	*Soup & Salad (lettuce, shredded carrot, tomatoes and cucumber) *Tomato or Mushroom soup with noodles  *Milk
PM Snack -serve one item from 2 food groups	*fruit  *Pudding  *Milk	* Snack Mix (cheerios, pretzels, raisins)  *Milk	*Bannock  *fruit  *milk	*veggies & dip  *Milk	*turkey pepperoni sticks  *cheese  *Apple Juice

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\*Any sauces or broths used in making the meals are low sodium\*\*

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## MENU

Updated Nov 2011

## WEEK FOUR

MENU PATTERNS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack -serve one item from 2 food groups	*Toasted English muffins  *Milk	*Fruit *Cheese  *Milk	*fruit smoothie *Rice cakes *water	*toast & hash browns  *Milk	*Yogurt *fruit *Milk
Lunch -serve one item from each of 4 food groups *fruit or extra items from home	*Chicken soup *crackers  *veggies  *milk	*Italian pasta (ground beef, pasta sauce, tomatoes, veggies, pasta)  *Milk	*Beef Stew  *veggies *whole wheat bread or buns  *Milk	* chicken stir-fry  *Rice  *Milk	*whole wheat bagels *cheese *meat *veggies *fruit tray  *milk
PM Snack -serve one item from 2 food groups	*fruit  *Graham Crackers  *milk	*Yogurt  *crackers *milk	*home made baking  *Milk	* Cheese *pickles *crackers *milk	*cereal snack mix with raisins  *milk

\*\*Whole Milk and water are offered at each meal.

\*\*Unsweetened Juices are used.

\*\*For Lunch, extra fruit or veggies, nutrigain bars, raisins, crackers, or homemade cookies/treats will be offered on a rotational basis after the children have tried the meal. All items are nut free.

\*Any sauces or broths used in making the meals are low sodium\*\*

\*\*Substitutions may be made within the same food group. All snacks include items from 2 food groups and Lunches include items from 4 food groups at all times.

## MENU

Updated Nov 2011

WEEK FIVE

MENU PATTERNS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM Snack -serve one item from 2 food groups	* Cereal  *Milk	*Raisin Toast  *Milk	*Oatmeal *Milk	*Apple sauce  *Milk	*Scrambled Eggs with whole wheat toast  *Milk
Lunch -serve one item from each of 4 food groups *fruit or extra items from home	*Tuna Casserole (noodles, cream sauce, tuna) *veggies  *	*Wild Rice & broccoli & chicken casserole With cheese  *Milk	*Mini Pizzas (meat, pineapple pizza sauce, mushrooms, green peppers, cheese)  *veggies  *Milk	*Saucy Meatballs  *rice  *veggies  *Milk	*ham * potatoes *veggies  *Milk
PM Snack -serve one item from 2 food groups	*Cheese Cubes  *crackers	*Yogurt *Graham wafers *Apple juice (unsweetened)	*Milk *Fruit  *Arrowroot biscuits	* *Cheesy Dip  *veggies  *Wheat Thins  *Milk	*Fruit *animal crackers *milk

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\*\*Unsweetened, frozen concentrated Juices are used.

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