

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<u>Breakfast on a stick</u> Syrup Milk	 Ready to Eat Cereal and Apple Slices Milk	<u>Breakfast Burrito</u> <u>Salsa¹</u> and Blueberries Milk	<u>Cranberry Orange</u> <u>Muffin</u> Orange Wedges Milk	Turkey Frittata ¹ and Grapefruit Wedges Milk
Lunch/ Supper	 <u>Tuscan Grilled Cheese</u> Turkey, Baby Carrots, and Apple Milk	Salad w Tomatoes and Diced Chicken WG ² Bread Slice Diced Peaches Milk	 Pasta Salad Cantaloupe Chunks Milk	<u>Taco Soup</u> , WG ² tortilla chips Canned Pears Milk	Cheese Squares, Multigrain Crackers, Carrots w Dip Apple Slices Milk
Snack	Yogurt and Granola	 <u>Banana Sushi Roll</u>	String Cheese and Cucumbers	Animal Crackers and Pineapple Tidbits	 Hummus with Zucchini

Serve the appropriate milk type to the appropriate age group.

¹Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

²WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

For complete meal patterns please go to www.fns.usda.gov.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<u>Build-a-Bear Pancake</u> Milk	<u>Maple Baked French Toast Squares</u> and Strawberries Milk	WG ² Bagel with Cream Cheese Grapes Milk	<u>Rainbow Fruit Medley</u> and Oatmeal Milk	 Scrambled Eggs Home fries Milk
Lunch/ Supper	Beef and Mushroom Stir Fry, <u>Indian Pilaf</u> , Peas Pineapple Bits Milk	 Baked Chicken, Brown Rice, Broccoli, and Frozen Berry Mix Milk	<u>Fish Roll-Up</u> , Dinner Roll, Orange Wedges Milk	<u>Bean Tostada</u> and Diced Mango Milk	<u>Spaghetti and Meat Sauce</u> Honeydew Melon Milk
Snack	Graham Crackers Applesauce	Hard Boiled Egg Pretzels	 Muffin and Orange Wedges	Brown Rice Cake Sunbutter Spread	Carrots w Dip String cheese

Serve the appropriate milk type to the appropriate age group.

¹Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

²WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

For complete meal patterns please go to www.fns.usda.gov.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Waffles w Syrup Orange slices Milk	 WG ² Bagel with Cream Cheese Diced peaches Milk	<u>Roasted Potato and Turkey Hash</u> ¹ Milk	<u>Sweet Cherry and Chocolate Overnight Oats</u> ¹ Milk	WG ² English Muffin with Jam Apple Sliced Milk
Lunch/ Supper	<u>WG² Tortillas and Cheese Casserole,</u> Broccoli, and Orange Wedges Milk	<u>Tuna Chow Mein Casserole, Chinese Mixed Vegetables,</u> Oranges Milk	<u>Honey Lime Chicken,</u> <u>Spanish Rice,</u> and Diced Mango Milk	 <u>Tuscan Style Pasta Cannellini,</u> Sweet Potato, and Banana Milk	Teriyaki Seasoned Turkey Breast, Seasoned Brown Rice, Beets Honeydew Melon Milk
Snack	Sliced Cucumber and Grape Tomatoes in Balsamic Vinaigrette	<u>Baked Carrot Fries</u> <u>Yogurt-Sunflower Seed Butter Dip</u>	WG ² Tortilla Chips and <u>Black Bean Hummus</u>	Apples with Sunbutter	 <u>Caprese Bruschetta</u>

¹Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

²WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

For complete meal patterns please go to www.fns.usda.gov.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<u>WG² Tortilla Egg and Cheese, and Apple Milk</u>	 Cream of Wheat <u>Rainbow Fruit Medley</u> Milk	<u>Strawberry Smoothie Bowl¹ and Granola Milk</u>	 <u>Breakfast Burrito Salsa¹ and Honeydew Melon & Milk</u>	WG Pancakes ² Turkey Sausage ¹ Diced Pears Milk
Lunch/ Supper	 Chicken Patty on WG Bun, <u>Cherry Tomato and Corn Salad</u> Honeydew Melon Milk	<u>Tuna Salad on a Whole Grain Roll and Apple Milk</u>	 Beef Meatballs, WG Spaghetti in sauce Pineapple Tidbits Milk	<u>Barbecue Chicken Salad</u> on WG Roll and Grapes & Milk	 <u>Taco Soup, WG² Crackers, Corn Muffin, and Apple & Milk</u>
Snack	<u>Strawberry Yogurt Parfait</u>	<u>Herb Bagel Bites and String Cheese</u>	Celery with Sunbutter and Raisins	Zucchini with Ranch Dressing Soft Pretzel	<u>Dried Fruit and Cereal Mix</u>

¹Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

²WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

For complete meal patterns please go to www.fns.usda.gov.