

<b>B R E A K F A S T</b>	<b>MEAL COMPONENTS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<i>FRUIT</i>	<i>APPLESAUCE</i>	<i>CANNED PEARS</i>	<i>APPLESAUCE</i>	<i>MIXED FRUIT</i>	<i>BANANAS</i>
	<i>BREAD/ CEREAL</i>	<i>FRENCH TOAST</i>	<i>CINNAMON OATMEAL</i>	<i>TOAST</i>	<i>CHEESE GRITS</i>	<i>CORN FLAKES</i>
	<i>EXTRAS</i>					
	<i>SUBSTITUTIONS</i>					
<b>L U N C H</b>	<b>MEAL COMPONENTS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<i>MEAT/ MEAT ALTERNATE</i>	<i>BBQ CHICKEN</i>	<i>SPANISH RICE WITH BEEF</i>	<i>CHICKEN NUGGETS</i>	<i>PORK CHOP SUEY BROCCOLI</i>	<i>CHEESE PIZZA</i>
	<i>VEGETABLE/ FRUIT</i>	<i>STEAMED BROCCOLI</i>	<i>GREEN PEAS</i>	<i>SLICED CARROTS</i>	<i>CARROTS GREENBEANS</i>	<i>CREAM STYLE CORN</i>
	<i>VEGETABLE/ FRUIT</i>	<i>CANNED PEACHES</i>	<i>PEACHES</i>	<i>MASHED POTATOES GRAVY</i>	<i>CANNED APRICOTS</i>	<i>HONEYDEW MELONS</i>
	<i>BREAD/ BREAD ALTERNATE</i>	<i>MACARONI &amp; CHEESE</i>	<i>WHITE RICE</i>	<i>DINNER ROLLS</i>	<i>STICKY RICE</i>	<i>PIZZA CRUST</i>
	<i>SUBSTITUTIONS</i>				<i>STEAMED PEAS</i>	
<b>S N A C K</b>	<b>MEAL COMPONENTS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<i>MILK/ BEVERAGE</i>	<i>BANANA SMOOTHIES</i>	<i>ORANGE JUICE</i>	<i>MILK</i>	<i>WATER</i>	<i>APPLE JUICE</i>
	<i>MEAT/ MEAT ALTERNATE</i>				<i>YOGURT</i>	<i>CHEESE CUBES</i>
	<i>VEGETABLE/ FRUIT</i>			<i>FRESH PEARS</i>		
	<i>BREAD/ BREAD ALTERNATE</i>	<i>SALTINES</i>	<i>CHEESY BREADSTICKS</i>		<i>PITA STRIPS</i>	<i>RITZ CRACKERS</i>
	<i>SUBSTITUTIONS</i>					

**PRE TODS**

FRESH MILK IS SERVED WITH BREAKFAST AND LUNCH  
AND IT'S OPTIONAL FOR SNACK  
SOY MILK IS AVAILABLE FOR CHILDREN WITH MILK ALLERGIES



<b>B R E A K F A S T</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FRUIT	MANDARIN ORANGES	APPLESAUCE	CANNED PEACHES	CANNED PEARS	FRUIT COCKTAIL
	BREAD/ CEREAL	SPECIAL-K FLAKES	FRENCH TOAST	CHEESE GRITS	CHEERIOS	BAGELS CREAM CHEESE
	SUBSTITUTIONS					
<b>L U N C H</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEAT/ MEAT ALTERNATE	SALISBURY STEAK WITH GRAVY	FISH SQUARES	BAKED CHICKEN	MEAT & CHEESE LASAGNA	BAKED HAM
	VEGETABLE/ FRUIT	MASHED POTATOES	GREEN BEANS	MIXED VEGETABLES	LIMA BEANS	SWEET POTATOES
	VEGETABLE/ FRUIT	PEAS & CARROTS	FRESH ORANGES	FRESH CANTALOUPE	RED & GREEN APPLES	COLLARD GREENS
	BREAD/ BREAD ALTERNATE	DINNER ROLLS	HUSH PUPPIES	STEAMED RICE	GARLIC BREAD	CORNBREAD
	EXTRAS SUBSTITUTIONS		STEAMED BROCCOLI		APPLESAUCE	
<b>S N A C K</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MILK/ BEVERAGE	CHOCOLATE MILK	WATER	ORANGE JUICE	MILK	GRAPE JUICE
	MEAT/ MEAT ALTERNATE		YOGURT	SLICED CHEESE		
	VEGETABLE/ FRUIT				BANANAS	
	BREAD/ BREAD ALTERNATE	TOASTED GARLIC BREAD	FISH CRACKERS	SALTINE CRACKERS	ROLLED IN WHEAT GERM	CHEESE QUESADILLAS
	SUBSTITUTIONS					

**PRE TODS**

FRESH MILK IS SERVED WITH BREAKFAST AND LUNCH  
AND IT'S OPTIONAL FOR SNACK  
SOY MILK IS AVAILABLE FOR CHILDREN WITH MILK ALLERGIES



<b>B R E A K F A S T</b>	<b>MEAL COMPONENTS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<i>FRUIT</i>	<i>CANNED PEARS</i>	<i>PINEAPPLE CUBES</i>	<i>CANNED PEACHES</i>	<i>STRAWBERRY APPLESAUCE</i>	<i>BANANAS</i>
	<i>BREAD/ CEREAL</i>	<i>PANCAKES</i>	<i>CORN FLAKES</i>	<i>CREAM OF WHEAT</i>	<i>WAFFLES</i>	<i>BRAN MUFFINS</i>
	<i>SUBSTITUTIONS</i>					
<b>L U N C H</b>	<b>MEAL COMPONENTS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<i>MEAT/ MEAT ALTERNATE</i>	<i>CHICKEN FAJITAS</i>	<i>BBQ PULLED PORK SANDWICH</i>	<i>SPAGHETTI BEEF SAUCE</i>	<i>SAUSAGE PIZZA</i>	<i>ORIENTAL CHICKEN STIR FRY</i>
	<i>VEGETABLE/ FRUIT</i>	<i>GREEN PEAS</i>	<i>STEAMED CARROTS</i>	<i>GARDEN SALAD W/DRESSING</i>	<i>GREEN BEANS</i>	<i>JAPANESE VEGETABLES*</i>
	<i>VEGETABLE/ FRUIT</i>	<i>MANDARIN ORANGES</i>	<i>MIXED MELONS</i>	<i>CANNED PEARS</i>	<i>TROPICAL FRUIT MIX</i>	<i>FRESH SLICED PEARS</i>
	<i>BREAD/ BREAD ALTERNATE</i>	<i>FLOUR TORTILLA</i>	<i>HAMBURGER BUNS</i>	<i>DINNER ROLLS</i>	<i>PIZZA CRUST</i>	<i>STIR FRY NOODLES</i>
	<i>SUBSTITUTIONS</i>		<i>BAKED DICED CHICKEN</i>	<i>GREEN BEANS</i>		
<b>S N A C K</b>	<b>MEAL COMPONENTS</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<i>MILK/ BEVERAGE</i>	<i>MILK</i>	<i>ORANGE JUICE</i>	<i>POLAR BEAR MILK</i>	<i>WHITE GRAPE JUICE</i>	<i>MILK</i>
	<i>MEAT/ MEAT ALTERNATE</i>				<i>CHEESE CUBES</i>	
	<i>VEGETABLE/ FRUIT</i>					
	<i>BREAD/ BREAD ALTERNATE</i>	<i>FRENCH TOAST STICKS</i>	<i>BREADSTICKS W/ MARINARA DIP</i>	<i>VANILLA WAFERS</i>	<i>SALTINE CRACKERS</i>	<i>FRESH BAKED OATMEAL COOKIES</i>
	<i>EXTRAS SUBSTITUTIONS</i>					

**PRE TODS** \*GREEN BEANS, CARROTS, MUSHROOMS, ONIONS

FRESH MILK IS SERVED WITH BREAKFAST AND LUNCH  
AND IT'S OPTIONAL FOR SNACK  
SOY MILK IS AVAILABLE FOR CHILDREN WITH MILK ALLERGIES



<b>B R E A K F A S T</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FRUIT	APPLESAUCE	MANDARIN ORANGES	MIXED MELONS	CANNED PEARS	PINEAPPLE CUBES
	BREAD/ CEREAL	PANCAKES	OATMEAL	RICE KRISPIES	BOILED EGGS TOAST	BLUEBERRY MUFFINS
	EXTRAS					
	SUBSTITUTIONS					
<b>L U N C H</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEAT/ MEAT ALTERNATE	TURKEY SHEPHERD'S PIE	CHEESEBURGER MACARONI	MACARONI CHEESE TUNA CASSEROLE	SPANISH BEEF RICE	FISH STICKS
	VEGETABLE/ FRUIT	PEAS & CARROTS	STEAMED BROCCOLI	GARDEN LIMA BEANS	PINTO BEANS	STEAMED CABBAGE
	VEGETABLE/ FRUIT	HONEYDEW MELONS	FRESH APPLES	CANNED PEACHES	TROPICAL FRUIT MIX	FRESH ORANGES
	BREAD/ BREAD ALTERNATE	WHOLE WHEAT BREAD	MACARONI NOODLES	PANCIT NOODLES	SPANISH RICE	MACARONI & CHEESE
	SUBSTITUTIONS	MASHED POTATOES	APPLESAUCE	PEAS & CARROTS		MIXED FRUIT
<b>S N A C K</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MILK/ BEVERAGE	GRAPE JUICE	CHOCOLATE MILK	ORANGE JUICE	MILK	MILK
	MEAT/ MEAT ALTERNATE	SLICED CHEESE				
	VEGETABLE/ FRUIT				BANANAS	
	BREAD/ BREAD ALTERNATE	RITZ CRACKERS	WHEAT CRACKERS	GARLIC & PARMESAN CHEESE BREAD		SOFT PREZZELS
	SUBSTITUTIONS					

**PRE TODS**

FRESH MILK IS SERVED WITH BREAKFAST AND LUNCH AND IT'S OPTIONAL FOR SNACK



<b>B R E A K F A S T</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	FRUIT	PINEAPPLE CHUNKS	APPLESAUCE	BANANAS	MANDARIN ORANGES	CANNED PEACHES
	BREAD/ CEREAL	CHEESE GRITS	WAFFLE STICKS	SPECIAL K CEREAL	BUTTERED WHEAT TOAST	OATMEAL
	SUBSTITUTIONS					
<b>L U N C H</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	MEAT/ MEAT ALTERNATE	CHICKEN A LA KING	SLOPPY JOES	HAM & BEAN SOUP	CHEESE PIZZA	BEEF STEW
	VEGETABLE/ FRUIT	PEAS & CARROTS	GARDEN SALAD	SLICED CARROTS	MIXED VEGETABLES	POTATOES, PEAS CARROTS
	VEGETABLE/ FRUIT	CANNED PEACHES	TROPICAL FRUIT MIX	CANNED PEARS	CANNED APRICOTS	APPLESAUCE
	BREAD/ BREAD ALTERNATE	RICE	HAMBURGER BUNS	WHOLE WHEAT BREAD	PIZZA CRUST	DINNER ROLLS
	EXTRAS SUBSTITUTIONS		GREEN BEANS			
	<b>S N A C K</b>	MEAL COMPONENTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
MILK/ BEVERAGE		ORANGE JUICE	WATER	MILK	APPLE JUICE	WATER PEARS
MEAT/ MEAT ALTERNATE		SLICED CHEESE				
VEGETABLE/ FRUIT				BLUEBERRY BAGELS W/ CREAM CHEESE		
BREAD/ BREAD ALTERNATE		SALTINE CRACKERS	FRESH APPLE YOGURT		TOASTED ENGLISH MUFFINS	UNSALTED CRACKERS
SUBSTITUTIONS		SLICED CHEESE				
<b>PRE TODS 1 TO 3 YRS</b>						

FRESH MILK IS SERVED WITH BREAKFAST AND LUNCH AND IT'S OPTIONAL FOR SNACK  
 SOY MILK IS AVAILABLE FOR CHILDREN WITH MILK ALLERGIES

