

Week 1

	Date	Date	Date	Date	Date
<u>Breakfast (3 components)</u> -Fluid milk, ½ cup -Fruit or Vegetable, ¼ cup -Bread or Bread Alternate ½ slice or 1/3 cup dry cereal or ¼ cup cooked cereal	Milk French Toast sticks Strawberries	Milk Croissants Mango	Milk Rice cereal Sliced apples	Milk Whole wheat toast* Mixed Fruit	Milk Cheerios* Banana
<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Saltines	Milk Club Crackers	Milk Cheese Its	Milk Ritz	Milk Pretzels
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Creamy chicken casserole* Peas and carrots Peaches	Milk 3 Bean Chili Green Beans Pears Corn Bread	Milk Lasagna* Mixed Vegetables Oranges	Milk Ham & Bean soup Corn Fruit cocktail Crackers	Milk BBQ Beef sandwiches* Peas Applesauce
<u>P.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Chex mix	Milk Wheat Thins*	Milk Wheat Tortilla*	Milk Goldfish	Milk Cheese and crackers

WGR or * indicates Whole Grain Rich

HM or *** indicates Home Made

All milk served to participants is unflavored, all participants 2 years and older are served either low-fat (1%) or fat-free milk and children 1 year old are served whole milk.

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Week 2

	Date	Date	Date	Date	Date
<u>Breakfast (3 components)</u> -Fluid milk, ½ cup -Fruit or Vegetable, ¼ cup -Bread or Bread Alternate ½ slice or 1/3 cup dry cereal or ¼ cup cooked cereal	Milk Bagel Banana	Milk Biscuits & Gravy Hash browns	Milk Pancakes Strawberries	Milk Croissants Mango	Milk Rice Cereal Sliced apples
<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Animal crackers	Milk Goldfish	Milk Saltines	Milk Club Crackers	Milk Cheese Its
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Baked Salmon Salad Tropical Fruit Seasoned Brown Rice*	Milk Tortilla Casserole* Broccoli Pineapple	Milk Spaghetti* Peas and Carrots Peaches	Milk Seasoned Pork Roast Green Beans Pears Orzo	Milk Chicken Stroganoff* Mixed Vegetables Oranges
<u>P.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Corn Tortilla Salsa	Milk String Cheese	Milk Chex Mix	Milk Wheat thins*	Milk Wheat Tortilla

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Week 3

	Date	Date	Date	Date	Date
<u>Breakfast (3 components)</u> -Fluid milk, ½ cup -Fruit or Vegetable, ¼ cup -Bread or Bread Alternate ½ slice or 1/3 cup dry cereal or ¼ cup cooked cereal	Milk Whole Wheat Toast* Mixed Fruit	Milk Cheerios* Banana	Milk Buttered Wheat English* Muffin Applesauce	Milk Biscuits and Gravy Hash browns	Milk Waffles Sliced Apples
<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Ritz	Milk Pretzels	Milk Animal crackers	Milk Club Crackers	Milk Saltines
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Frito Pie Corn Fruit Cocktail	Milk Baked Rigatoni Peas Oranges	Milk Cheesy Beans & Rice* Salad Tropical fruit	Milk Oven Roast Turkey Broccoli Pineapple Wheat Rolls*	Milk Meatloaf Peas and carrots Peaches Buttered Wheat Bread*
<u>P.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Goldfish	Milk Cheese and crackers	Milk Corn Tortilla	Milk String Cheese	Milk Chex mix

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Week 4

	Date	Date	Date	Date	Date
<u>Breakfast (3 components)</u> -Fluid milk, ½ cup -Fruit or Vegetable, ¼ cup -Bread or Bread Alternate ½ slice or 1/3 cup dry cereal or ¼ cup cooked cereal	Milk Croissants Mango	Milk Rice cereal Sliced apples	Milk Whole wheat toast* Mixed Fruit	Milk Cheerios* Banana	Milk Bagel & Cream Cheese Applesauce
<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Club Crackers	Milk Cheese its	Milk Ritz	Milk Pretzles	Milk Animal Crackers
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Chicken Alfredo Penne* Green Beans Pears	Milk Bean & Cheese Burritos* Mixed Vegetables Mandarin oranges	Milk Cheese Sandwiches* Corn Fruit cocktail	Milk Shepherds Pie Peas Applesauce Wheat Rolls*	Milk BBQ Chicken Salad Tropical Fruit Buttered Noodles*
<u>P.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Wheat thins*	Milk Wheat Tortilla*	Milk Goldfish	Milk Cheese and crackers	Milk Corn Tortilla

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Week 5

	Date	Date	Date	Date	Date
<u>Breakfast (3 components)</u> -Fluid milk, ½ cup -Fruit or Vegetable, ¼ cup -Bread or Bread Alternate ½ slice or 1/3 cup dry cereal or ¼ cup cooked cereal	Milk Biscuits & Gravy Hashbrowns	Milk Pancakes Strawberries	Milk Croissants Mango	Milk Rice Cereal Banana	Milk Whole wheat toast* Mixed Fruit
<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Club crackers	Milk Saltines	Milk Cheese its	Milk Ritz	Milk Pretzles
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Spiral Pasta with meat saude* Broccoli Pineapple	Milk Slow cooker Pizza* Peas and carrots Peaches	Milk Black Bean Nachos Green Beans Pears	Milk Garlic Butter Tilapia Mixed vegetables Mandarin oranges French Bread	Milk Chicken Ramen Corn Fruit cocktail
<u>P.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk String Cheese	Milk Chex mix	Milk Wheat thins*	Milk Wheat Tortilla*	Milk Goldfish
Number served Breakfast A.M. snack Lunch P.M. snack	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____

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<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Saltines	Milk Club Crackers	Milk Cheese Its	Milk Ritz	Milk Pretzels
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Creamy chicken casserole* Peas and carrots Peaches	Milk 3 Bean Chili Green Beans Pears Corn Bread	Milk Lasagna* Mixed Vegetables Oranges	Milk Ham & Bean soup Corn Fruit cocktail Crackers	Milk BBQ Beef sandwiches* Peas Applesauce
<u>P.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Chex mix	Milk Wheat Thins*	Milk Wheat Tortilla*	Milk Goldfish	Milk Cheese and crackers

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<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Animal crackers	Milk Goldfish	Milk Saltines	Milk Club Crackers	Milk Cheese Its
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Baked Salmon Salad Tropical Fruit Seasoned Brown Rice*	Milk Tortilla Casserole* Broccoli Pineapple	Milk Spaghetti* Peas and Carrots Peaches	Milk Seasoned Pork Roast Green Beans Pears Orzo	Milk Chicken Stroganoff* Mixed Vegetables Oranges
<u>P.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Corn Tortilla Salsa	Milk String Cheese	Milk Chex Mix	Milk Wheat thins*	Milk Wheat Tortilla

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<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Ritz	Milk Pretzels	Milk Animal crackers	Milk Club Crackers	Milk Saltines
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<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Club Crackers	Milk Cheese its	Milk Ritz	Milk Pretzles	Milk Animal Crackers
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<u>A.M. Snack (2 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, ½ oz -Fruit or vegetable, ½ cup -Bread or bread alternate, ½ slice	Milk Club crackers	Milk Saltines	Milk Cheese its	Milk Ritz	Milk Pretzles
<u>Lunch (5 components)</u> -Fluid milk, ½ cup -Meat or meat alternate, 1 oz -Fruit or vegetable, 1/8 cup -Fruit or vegetable, 1/8 cup -Bread or bread alternate, ½ slice or ¼ cup	Milk Spiral Pasta with meat saude* Broccoli Pineapple	Milk Slow cooker Pizza* Peas and carrots Peaches	Milk Black Bean Nachos Green Beans Pears	Milk Garlic Butter Tilapia Mixed vegetables Mandarin oranges French Bread	Milk Chicken Ramen Corn Fruit cocktail
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