

# SAMPLE MENU



Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <b>8am - 9am</b> Fresh Fruit or Vegetable Grain/Breads Milk (low fat)	½ slice Whole Wheat toast ½ oz reduced fat cheese Pears (1/2 cup) Milk ¾ Cup	½ oz Quaker Oats cereal Oranges (1/2 cup) Milk ¾ Cup	1 Pancake with 1 Tbsp reduced calorie pancake syrup Bananas (1/2 cup) Milk ¾ Cup	½ oz Honey nut cheerios cereal Apples (1/2 cup) Milk ¾ Cup	½ slice Cinnamon French Toast Oranges (1/2 cup) Milk ¾ Cup
<b>Lunch</b> <b>11:30am – 12pm</b> Meat or Meat Alternative Vegetable/Fresh Fruit (2 servings of vegetable or fruit or both) Grains/Bread Milk (low fat)	Milk ¾ Cup Bananas (1/4 cup) Cooked Potatoes in Tomato Puree (1/4 cup) Cavatapi Pasta (1/2 oz) Chicken Sausages (1 1/2 oz)	Milk ¾ Cup Oranges (1/4 cup) Tomato sauce & mixed vegetables (1/4 cup) Whole wheat Tortillas (Burrito) (1/2 oz) Kidney Beans (1 1/2 oz)	Milk ¾ Cup Apples (1/4 cup) Cooked Peas & Carrots in white sauce (1/4 cup) (1/2 oz) (1/2 slice) Grilled sandwich Whole Wheat Bread (1 1/2 oz) Cheese	Milk ¾ Cup Water Melon(1/4 cup) Cooked Corn & Green peas (1/4 cup) Steamed Rice (1/2 oz) (1 1/2 oz) Yogurt Lowfat	Milk ¾ Cup Cantaloupe (1/4 cup) Steamed Broccoli (1/4 cup) whole wheat Bread (1/2 oz, 1/2 slice) Peanut butter (1 1/2 oz)
<b>Evening Snack</b> <b>3pm - 3:25pm</b> <b>(any 2)</b> Meat or Meat Alternative Vegetable or Fresh Fruit Grains/Bread Milk (low fat)	Animal Crackers (1/2 oz) (25 gms) Apples (1/2 cup) Water	Wheat Crackers (1/2 oz) (25 gms) Bananas (1/2 cup) Water	½ toasted mini bagels (25 gms) Oranges (1/2 cup) Water	Cheese Crackers (1/2 oz) (25 gms) Pears & Cut carrots (1/2 cup) Water	Honey Graham crackers (1/2 oz) (25 gms) Apple Sauce(1/2 cup) Water

**PM Snack:** We serve a wide variety of crackers for snack. If a particular cracker or fruit is unavailable, we substitute it with another food item of the same food group.

Note: (Cheese, Yogurt, peanut Butter, Beans and Eggs are used as meat substitute) (Measurements indicate minimum serving per child) **Menu subject to Change.**