

Spring Summer Menu Week: Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Carrot Bran Muffins	Cereal & Berries	Yogurt & Berry Parfait	Muesli & Fruit	Cinnamon Toast & Plums
Grain products	Bran	Cereal	Granola	Oatmeal	White/Brown Bread
Veggie & fruit	Bananas	Frozen Berries	Fresh Berries	Fresh Fruit	Fresh Plums
Milk products	Milk	Milk	Yogurt, Milk	Milk	Milk, Butter
Meat & Alternatives					
Other **					
Lunch Meal	Chicken Rice Casserole	Meatball Subs	Bruschetta & Pesto Pasta	Taco Wraps	Quiche & Spinach Strawberry Salad
Grain products	Rice	Dinner Rolls	Bread, Pasta	Wraps	Pie Crust
Veggie	Boiled Brussel Sprouts	Broccoli Slaw	Tomato, Onion	Lettuce, Tomato	Spinach
Fruit	Fruit Cocktail	Fresh Melon	Pineapple	Bananas	Fresh Strawberries, Pears
Milk products	Milk, cream soup	Cheese, Milk	Milk	Cheese, Milk	Cheese, Milk
Meat & Alternatives	Chicken	Beef Meat Balls	Chicken	Ground Beef	Eggs
Other **					
Afternoon Snack	Granola Bars & Apples	Frozen Yogurt Tubes	Graham Crackers & Watermelon	Pin Wheels	Fruit & Veggie Platter
Grain products	Oatmeal & Wheat Germ		Graham Crackers	Wraps	Premium Plus Cracker
Veggie & fruit	Apples	Fresh Pears	Fresh Watermelon	Cucumber	Mixed Fruits & Veggies
Milk products		Yogurt		Cream Cheese	
Meat & Alternatives					
Other **					Ranch Salad Dressing
Grain Products (2-4)	4	2	3	4	3
Veg & Fruit (2-4)	4	4	3	5	6
Milk Products (1-2)	1	3	4	2	3
Meats & Alternates (1-2)	1	1	1	1	1