

Menu Week: Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Waffles and Fruit	Cereal and Mixed Berries	Wheat Germ Squares & Applesauce	English Muffin & Omelet	Banana Bread
Grain products	Waffles	Cereal	Wheat Germ, Flour	English Muffin	
Veggie & fruit	Fruit	Mixed Berries	Applesauce		
Milk products	Milk	Milk	Milk	Milk, Cheese	Milk
Meat & Alternatives					
Other **					
Lunch Meal	Chicken Bacon Alfredo with Broccoli	Shepherd's Pie	Western Omelet & Toast	Spaghetti & Meatballs	Fish Tacos with Kale Salad & Sweet Dressing
Grain products	Pasta		Bread	Pasta	Wraps
Veggie	Broccoli	Potatoes, Mixed Vegetables		Tomato Sauce and chopped vegetables	Kale, Carrots, Red Cabbage
Fruit	Pears	Peaches	Pineapple	Cantaloupe	Mandarin Oranges
Milk products	Milk, Cream Cheese	Milk, Cheese	Milk, Cheese	Milk	
Meat & Alternatives	Chicken	Ground Beef	Eggs	Ground Beef	
Raw Veg					
Other **					
Afternoon Snack	Fruit Smoothies or Yogurt and fruit	Cheese, Ritz Crackers, Kielbasa	Pumpkin Seed Butter or Jam with Crackers & Pears	Arrowroots and Bananas	Vegetable & Fruit Platter with Crackers
Grain products		Crackers	Crackers	Arrowroots	Crackers
Veggie & fruit	Frozen Fruit		Pears	Bananas	Vegetables & Fruit
Milk products	Yogurt	Cheese			
Meat & Alternatives		Kielbasa			
Other **	Water	Water	Water	Water	Water
Grain Products (2-4)	2	2	3	3	2
Veg & Fruit (2-4)	3	2	3	2	4
Milk Products (1-2)	4	3	2	2	2
Meats & Alternates (1-2)	1	2	2	2	1
Other					

