## Sample Menus

## Week 1

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast <br> Grains, OR <br> Meat/Meat Alternate <br> (no more than 3 <br> times per week) <br> Fruit or Vegetable <br> Milk | Grapes WG toast Milk | Diced peaches Scrambled eggs Milk | Kiwi <br> WG Life Cereal <br> Milk | Berries Yogurt Milk | Applesauce <br> Pancakes <br> Milk |
| Lunch or Supper <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Oven-Baked <br> Parmesan Chicken <br> Roasted Brussels <br> sprouts <br> Strawberries <br> WG roll <br> Milk | Bean Burrito <br> Asparagus <br> Orange wedges <br> Milk | Sweet and sour chicken <br> Steamed green beans <br> Red peppers Cooked rice Milk | HM Macaroni and cheese <br> Peas and carrots <br> Tomatoes <br> Milk | Ham \& cheese in WG pita pocket Green salad Sweet potato fries Milk |
| Snack <br> Select two of the following: <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | HM guacamole Salsa <br> Tortilla chips Milk | Fresh carrot sticks WG crackers Water | Toasted mini bagel with cheddar cheese Water | WG fish crackers <br> Pea pods <br> Water | Apricot halves Milk |

* $1 \%$ or skim, unflavored milk is served to children ages 2 and older
* Whole, unflavored milk is served to 1 year olds
* WG = Whole Grain; Bold = WG item; HM = Homemade


## Week 2

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast <br> Grains, OR <br> Meat/Meat Alternate <br> (no more than 3 times <br> per week) <br> Fruit or Vegetable <br> Milk | Banana WG Cheerios Milk | Avocado <br> Baked scrambled <br> eggs <br> Milk | Mixed fruit <br> Biscuit <br> Ham slice <br> Milk | Strawberries <br> Oatmeal <br> Milk | Fresh apple slices Yogurt <br> Milk |
| Lunch or Supper <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | HM cheese pizza Cucumbers Apple slices Milk | Turkey breast sandwich on WG bread Steamed broccoli Watermelon Milk | Oven baked chicken <br> Brown rice <br> Cauliflower <br> Zucchini <br> Milk | Meatloaf <br> Roasted beets <br> Kiwi <br> Corn bread <br> Milk | Baked fish <br> Quinoa <br> Tomatoes <br> Pineapple <br> Milk |
| Snack <br> Select two of the following: <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Zucchini bread Milk | English muffin with peanut butter Milk | Jicama and carrot sticks Milk | Yogurt Sliced fresh strawberries Water | WG crackers Cottage cheese Water |

[^0]
## Sample Menus

## Week 3

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast <br> Grains, OR <br> Meat/Meat Alternate <br> (no more than 3 <br> times per week) <br> Fruit or Vegetable <br> Milk | Banana <br> Oatmeal pancakes <br> Milk | Sweet potato hash WG English muffin Milk | Applesauce Hardboiled egg Milk | Avocado <br> Brown rice and egg bowl Milk | Starfruit WG Mini Wheats Milk |
| Lunch or Supper <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | HM fish sticks Roasted eggplant Blackberries Buttered noodles Milk | HM cheese pizza on WG crust Honeydew melon Zucchini wedges Milk | White bean and chicken chili <br> Carrot coins <br> Raspberries <br> WG dinner roll Milk | Beef tips Broccoli trees Plums WG noodles Milk | Sloppy Joes <br> Peaches <br> Toasted potato wedges <br> WG bun Milk |
| Snack <br> Select two of the following: <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Kabobs (apple slices, cheese) Water | Avocado <br> Bagel <br> Water | Yogurt Dip Celery and green pepper sticks Water | Peanut butter <br> Banana <br> WG toast <br> Water | Cheese slices Strawberries |

* $1 \%$ or skim, unflavored milk is served to children ages 2 and older
* Whole, unflavored milk is served to 1 year olds
* WG = Whole Grain; Bold = WG; HM = Homemade

Week 4

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast <br> Grains, OR <br> Meat/Meat Alternate <br> (no more than 3 <br> times per week) <br> Fruit or Vegetable <br> Milk | Apricot Scrambled Eggs Milk | Blueberries WG Waffles Milk | Diced pears Great Grains Banana Nut Cereal Milk | Hash browns Egg bake Milk | Peach slices WG apple cinnamon muffin Milk |
| Lunch or Supper <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Meat balls w/ tomato sauce Peas Mixed fruit WG spaghetti noodles Milk | Chicken teriyaki <br> Brown rice bowl <br> Broccoli <br> Pitted cherries <br> Milk | Beef roast <br> Cucumber slices <br> Peaches and pears <br> Breadstick <br> Milk | Roasted chickpeas in a pita pocket Romaine salad Blueberries Milk | Shredded chicken sandwich WG bun Red cabbage slaw Mandarin oranges Milk |
| Snack <br> Select two of the following: <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Salsamole (salsa with avocado) on WG pita bread | Hardboiled egg Savory crackers | Cheese stick <br> Roasted zucchini | Pineapple Snap peas | Turkey pinwheels on WG tortilla |

[^1]
## Sample Menus

Week 5

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast <br> Grains, OR <br> Meat/Meat Alternate <br> (no more than 3 <br> times per week) <br> Fruit or Vegetable <br> Milk | Peaches <br> Turkey bacon and egg frittata Milk | Grapes <br> Honey Bunches of Oats Cinnamon Milk | Blueberry <br> Oatmeal Milk | Cantaloupe <br> Biscuits <br> Milk | Mixed berries Yogurt Milk |
| Lunch or Supper <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Tofu scramble with potatoes, mushrooms, and peppers Watermelon WG crackers Milk | Beef taco skillet Jicama sticks Nectarine WG tortilla Milk | Pork loin <br> Peas <br> Banana <br> WG bread stick Milk | Chicken skewer <br> Purple carrots <br> Pomegranate <br> WG Noodles <br> Milk | Baked Pollock <br> Asparagus <br> Mango <br> WG dinner roll Milk |
| Snack <br> Select two of the following: <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Soft pretzel Snap peas | Yogurt with Strawberries | Oat muffin Cheese cubes | Fresh broccoli <br> WG fish crackers | Hummus Fresh cauliflower |
| * $1 \%$ or skim, unflavored milk is served to children ages 2 and older <br> * Whole, unflavored milk is served to 1 year olds <br> * WG = Whole Grain; Bold = WG; HM = Homemade |  |  |  |  |  |

Week 6

| Meal Pattern | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Breakfast <br> Grains, OR <br> Meat/Meat Alternate <br> (no more than 3 <br> times per week) <br> Fruit or Vegetable <br> Milk | Bananas WG waffles Milk | Roasted sweet potato Buttermilk biscuit egg sandwich Milk | Peaches Yogurt Milk | Raspberries Frosted mini wheat cereal Milk | Watermelon Bagels Milk |
| Lunch or Supper <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Turkey and ham sandwiches (WG bread) <br> Red potatoes <br> Pineapple <br> Milk | Chicken lasagna roll up (WG lasagna <br> noodle) <br> Salad <br> Clementine <br> Milk | Ground beef chili <br> Roasted <br> cauliflower <br> Peas <br> Cornbread <br> Milk | Shredded pork <br> Spaghetti Squash <br> Kiwi <br> Garlic bread stick <br> Milk | Grilled Cheese and tomato sandwich (WG Bread) Brussels Sprouts Blackberries Milk |
| Snack <br> Select two of the following: <br> Meat/Meat Alternate <br> Vegetable <br> Fruit <br> Grains <br> Milk | Rice cakes Fruit salsa | String cheese Grapes | WG English muffin <br> Fresh green beans | Black bean hummus WG pita bread | WG bran muffin Carrot sticks |

[^2]
[^0]:    * 1\% or skim, unflavored milk is served to children ages 2 and older
    * Whole, unflavored milk is served to 1 year olds
    * WG = Whole Grain; Bold = WG; HM = Homemade

[^1]:    * $1 \%$ or skim, unflavored milk is served to children ages 2 and older
    * Whole, unflavored milk is served to 1 year olds
    * WG = Whole Grain; Bold = WG; HM = Homemade

[^2]:    * $1 \%$ or skim, unflavored milk is served to children ages 2 and older
    * Whole, unflavored milk is served to 1 year olds
    * WG = Whole Grain; Bold = WG; HM = Homemade

