

Sample Menus



Week 1

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

^{* 1%} or skim, unflavored milk is served to children ages 2 and older

Week 2

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

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^{*} Whole, unflavored milk is served to 1 year olds

^{*} WG = Whole Grain; Bold = WG item; HM = Homemade

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Week 3

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

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Week 4

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

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Sample Menus



Week 5

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<u>Breakfast</u>	Peaches	Grapes	Blueberry	Cantaloupe	Mixed berries
Grains, OR	Turkey bacon	Honey Bunches of	Oatmeal	Biscuits	Yogurt
Meat/Meat Alternate	and egg frittata	Oats Cinnamon	Milk	Milk	Milk
(no more than 3	Milk	Milk			
times per week)					
Fruit or Vegetable					
Milk					
Lunch or Supper	Tofu scramble with	Beef taco skillet	Pork loin	Chicken skewer	Baked Pollock
Meat/Meat Alternate	potatoes,	Jicama sticks	Peas	Purple carrots	Asparagus
Vegetable	mushrooms, and	Nectarine	Banana	Pomegranate	Mango
Fruit	peppers	WG tortilla	WG bread stick	WG Noodles	WG dinner roll
Grains	Watermelon	Milk	Milk	Milk	Milk
Milk	WG crackers				
	Milk				
<u>Snack</u>	Soft pretzel	Yogurt with	Oat muffin	Fresh broccoli	Hummus
Select two of the	Snap peas	Strawberries	Cheese cubes	WG fish crackers	Fresh cauliflower
following:					
Meat/Meat Alternate					
Vegetable					
Fruit					
Grains					
Milk					

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Week 6

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

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