

B = Breakfast, L = Lunch, S = Snack

"BREAKFAST, LUNCH, AND SNACK" 4 WEEK ROTATING MENU

REVISED Sept 2017

Monday	Tuesday	Wednesday	Thursday	Friday
B - Cinnamon Toast, Can Fruit, Milk L - Chicken Rings , Instant Mashed Potatoes, Green Beans, Bread, Milk S - WG Goldfish, Milk	B - WG Oatmeal, Fresh Bananas, Milk L - Beanite Weenies, Tatar Tots, Can Fruit, Bread, Milk S - Corn Chips, Refried Beans, Water	B - Blueberry Muffin, Can Fruit, Milk L - Chicken Pasta, Green Peas, Fresh Grapes, Milk S - Cheese its, Milk	B - Buttered Biscuits, Jelly, Can Fruit, Milk (<i>Offer squeeze jelly to all kids who want some</i>) L - WG Cheesy Chicken Burrito, Corn, Salad, Milk S - Chicken Crackers, Juice	B - WG Cheerios Cereal, Juice, Milk L - Turkey or Ham Sandwich/w Cheese, Fresh Apples, Fresh Veggy, Milk S - Cheese Sticks, Wheat Thins, Water

Monday	Tuesday	Wednesday	Thursday	Friday
B - Bagel, Can Fruit, Milk (<i>Offer squeeze jelly to all kids who want some</i>) L - Hamburger w/Bun Tatar tots, can fruit, Milk S - WG Goldfish, Milk	B - Blueberry Muffin, Can Fruit, Milk L - Grilled Cheese Sandwich, pork-n-beans, banana, fresh veggy, milk S - WG Kix Cereal, Milk	B - Pancakes, Can Fruit, Milk L - Mini Turkey Corn Dogs, Mashed Potatoes, Can Fruit, Milk S - WG Saltine Crackers, Cheese, Water	B - Biscuit n Gravy, Can Fruit, Milk L - WG Cheese Pizza, Corn, Fresh Grapes, Milk S - Chicken Crackers, Juice	B - WG Rice Chex, Juice, Milk L - Ham and Cheese Quesadilla (set up like sandwich on tortilla), Fresh Apples, potatoes Beans, Milk (<i>Offer ranch to dip quesadilla in</i>) S - Yogurt, Graham Crackers, Water

Monday	Tuesday	Wednesday	Thursday	Friday
B - Cheese Toast on Whole Wheat Bread, Can Fruit, Milk L - Beef Finger, Instant Mashed Potatoes, Can Fruit, Bread, Milk S - Cheese Its, Juice	B - WG Oatmeal, Frozen Strawberries, Milk L - WG Chicken Pattie Sandwich, PorknBeans, Fresh Orange, Milk S - WG Kix Cereal, Milk	B - French Toast Sticks, Can Fruit, Milk L - Hotdog w/Bun, Baked Potato Fries, Fresh Bananas, Milk S - WG Goldfish, Milk	B - Cinnamon Biscuit, Jelly, Can Fruit, Milk L - Fish Sticks, can fruit, Diced carrots, Whole wheat bread Milk S - Ritz Crackers, Cheese, Water	B - WG Cheerios Cereal, Juice, Milk L - Turkey or Ham Sandwich/w cheese, Fresh Apple, Fresh Veggy, Milk S - Pretzels, Raisins, Water

4th week = Cooks Choice - The point of this week is to use what food you have left, so nothing ends up going bad. Be sure to serve all the components in each meal.

Menu must be followed daily; any changes in the daily menu must be pre-approved.
Juice can only be served 3 times a week and once a day.
Whole Grain products must be served at least once every day.