

2013-2014 Annual Menu

WEEK 1

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Bread/Grain	Toasty O's [WG]	English Muffin, 2 oz	French Toast Stick [WG], 0.87 oz	Crispy Rice	Bagel, 1-2 oz
Vegetable/Fruit	Bananas [C]	Apricots [A]	Applesauce [C]	Oranges [C]	Fruit Cocktail [A, C]
Age Appropriate Sub.					Fruit Cocktail (no grapes)
AM SNACK					
Milk	Milk	Milk			Milk
Meat/Meat Alternative			Cottage Cheese	Vanilla Yogurt	
Bread/Grain	Animal Crackers				Toasty O's [WG]
Vegetable/ Fruit/ Juice		Carrot Sticks [A] & Celery	Pears	100% Grape Juice [C]	
Age Appropriate Sub.					
LUNCH	Bean Burrito, HM	Turkey Vegetable Soup, HM	Beef Teriyaki, HM	Cheese Pizza	Fish Sticks
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternative	Beans, Refried or Pinto	Turkey Crumble**	Beef Crumble [CN # 058857]	Cheese Pizza [CN #083331], 4.65 oz	Fish Sticks [WG] [CN #072640]
Bread/Grain	Flour Tortilla, 1.0 oz	Biscuit [WG], 1 oz	Brown Rice [WG]	Crust** [WG]	Breadstick [WG], 1.3 oz
Vegetable	Corn	Country Vegetable Soup [A, C]	Mixed Vegetables [A, C]	Green Salad	Potato Wedge [C]
Fruit	Mixed Berries [C]	Fruit Cocktail [A, C]	Mango [A]	Peaches	Strawberries [C]
Age Appropriate Sub.	Mixed Berries [C], Diced	Fruit Cocktail (no grapes)		Green Beans	
PM SNACK					
Milk	Milk		Milk		
Meat/Meat Alternative		Strawberry Yogurt		Cottage Cheese	
Bread/Grain	Graham Crackers with soy nut butter		Biscuit [WG] w/ cinnamon sprinkle, 1.0 oz		Pita Bread [WG] with hummus or soy nut butter
Vegetable/ Fruit/ Juice		Sugar Snap Peas & Cucumber Slices		Apricots [A]	100% Apple Juice [C]
Age Appropriate Sub.		Lightly Steamed Bell Pepper Strips			

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WEEK 2

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Bread/Grain	Cornflakes	Biscuit [WG]	Pancake [WG], 1.14 oz	Chex Cereal	Oatmeal [WG]
Vegetable/Fruit	Bananas [C]	Pears	Roasted Potatoes [C]	Pineapple [C]	Bananas [C]
Age Appropriate Sub.					
AM SNACK					
Milk	Milk		Milk		
Meat/Meat Alternative	Cheese Cubes, 0.5 oz			Strawberry Yogurt	
Bread/Grain		Kix		Granola	Cinnamon Toast [WG], 0.9 oz
Vegetable/ Fruit/ Juice		100% Apple Juice [C]	Bananas [C]		Cucumber Slices & Broccoli [C]
Age Appropriate Sub.				Graham Cracker	
LUNCH	Beany Mac 'N Cheese, HM	Spaghetti with Meat Sauce, HM	Mini Cheeseburger Silder, HM	Chicken & Rice Casserole, HM	Vegetarian Bean Chili, HM
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternative	Beans, Black, Canned	Beef Crumble [CN #058857]	Beef Patty, 2.5 oz	Chicken, Diced	Vegetable Chili
Bread/Grain	Mac 'N Cheese** [WG]	Pasta [WG]	Bun [WG], 1 oz	Brown Rice [WG]	Cornbread
Vegetable	Peas [C]	Zucchini	Sweet Potato Tots [A]	Mixed Vegetables [A, C]	Green Beans [C]
Fruit	Pineapple [C]	Apricots [A]	Peaches	Oranges [C]	Apples [C]
Age Appropriate Sub.					Applesauce [C]
PM SNACK					
Milk	Milk		Milk		
Meat/Meat Alternative		Hummus		Cottage Cheese	
Bread/Grain	HM Cereal Mix (Toasty O's [WG], Kix, Chex)				Biscuit [WG], 1.0 oz with soy nut butter & jelly
Vegetable/ Fruit/ Juice		Celery & Carrot [A] Sticks	Applesauce [C] with cinnamon maple sprinkle	Pears	100% Grape Juice [C]
Age Appropriate Sub.		Townhouse Crackers			

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WEEK 3

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Bread/Grain	Biscuit [WG], 1.0 oz	Cornflakes	Bagel, 1-2 oz	French Toast Stick [WG], 0.87 oz	Chex
Vegetable/Fruit	Peaches	Strawberries [C]	Blueberries [C]	Apricots [A]	Bananas [C]
Age Appropriate Sub.					
AM SNACK					
Milk		Milk		Milk	
Meat/Meat Alternative	Vanilla Yogurt				Cottage Cheese
Bread/Grain	Toasty O's [WG]		Cheese Crackers	Vanilla Wafers	
Vegetable/ Fruit/ Juice		Bananas [C]	Celery Sticks & Broccoli [C]		Peaches
Age Appropriate Sub.					
LUNCH	Mini Cheese Ravioli, HM	Veggie Pizza, HM	Black Bean Nachos, HM	Hot Turkey Sandwich, HM	Sweet & Sour Chicken, HM
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternative	Cheese Ravioli [WG]	Cheese Pizza [CN #083331], 4.65 oz	Beans, Black	Sliced Turkey, 0.7 oz	Chicken, Diced
Bread/Grain	Ravioli** [WG]	Crust** [WG]	Taco Chips, 1.0 oz	Bread [WG], 1.0 oz	Brown Rice [WG]
Vegetable	Green Beans [C]	Green Salad	Corn	Mashed Potatoes	Mixed Vegetables [C]
Fruit	Pears	Blueberries [C]	Pineapple [A]	Pears	Mango [A]
Age Appropriate Sub.			Lightly Steamed Flour Tortilla		
PM SNACK					
Milk		Milk			Milk
Meat/Meat Alternative	Hummus			Strawberry Yogurt	
Bread/Grain		Animal Crackers	Breadstick [WG], 1.3 oz		
Vegetable/ Fruit/ Juice	Bell Pepper Strips [C] & Carrot Sticks [A]		100% Grape Juice [C]	100% Apple Juice [C]	Baked Apples [C] with cinnamon
Age Appropriate Sub.					

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WEEK 4

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Bread/Grain	Crispy Rice	Oatmeal [WG]	Pancake [WG], 1.14 oz	Biscuit [WG], 1.0 oz	Toasty O's [WG]
Vegetable/Fruit	Pears	Bananas [C]	Roasted Potatoes [C]	Fruit Cocktail [A, C]	Strawberries [C]
Age Appropriate Sub.				Fruit Cocktail (no grapes)	
AM SNACK					
Milk	Milk		Milk		
Meat/Meat Alternative		Vanilla Yogurt		Cottage Cheese	
Bread/Grain	Kix		Animal Crackers		Wheat Wafers [WG]
Vegetable/ Fruit/ Juice		Bananas [C]		Pears	Bell Pepper Strips [C] & Cucumber Slices
Age Appropriate Sub.					Townhouse Crackers
LUNCH	Baked Cheesy Pasta, HM	Teriyaki Burger Sliders, HM	Taco Mac 'N Cheese, HM	Tuna Wrap, HM	Cheeseburger Soup, HM
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternative	Cheese, Shredded, 0.5 oz	Beef Patty, 2.5	Turkey Meat**	Tuna Fish	Beef Crumble [CN #058857]
Bread/Grain	Pasta [WG]	Bun [WG], 1.0 oz	Mac 'N Cheese** [WG]	Flour Tortilla, 1.0 oz	Breadstick, 1.3 oz
Vegetable	Broccoli [A, C]	Mixed Vegetables [C]	Cauliflower	Peas [C]	Tomato Soup [A, C]
Fruit	Fruit Cocktail [A, C]	Pineapple [C]	Strawberries [C]	Blueberries [C]	Mixed Berries [C]
Age Appropriate Sub.	Fruit Cocktail (no grapes)	Diced Pineapple			
PM SNACK					
Milk				Milk	Milk
Meat/Meat Alternative	Strawberry Yogurt	Cheese Slices, 0.5 oz			
Bread/Grain		Wheat Wafers [WG]	Pita Bread with soy nut butter [WG]		Tortilla Chips with picante sauce
Vegetable/ Fruit/ Juice	Celery & Carrot Sticks [A] with dip		100% Apple Juice [C]	Peaches	
Age Appropriate Sub.		Townhouse Crackers			

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WEEK 5

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk	Milk	Milk	Milk	Milk	Milk
Bread/Grain	Kix	Bagel, 1-2 oz	English Muffin, 2 oz	Chex	French Toast Stick [WG], 0.87 oz
Vegetable/Fruit	Bananas [C]	Peaches	Blueberries [C]	Bananas [C]	Mixed Berries [C]
Age Appropriate Sub.					
AM SNACK					
Milk		Milk		Milk	
Meat/Meat Alternative	Cottage Cheese		Strawberry Yogurt		
Bread/Grain			Animal Crackers	Rice Krispies	Wheat Wafers [WG]
Vegetable/ Fruit/ Juice	Pears	Carrot Sticks [A] & Celery			Apricots [A]
Age Appropriate Sub.					Townhouse Crackers
LUNCH	Breakfast Sandwich, HM	Cheesy Chicken & Pasta, HM	Mini Meatball Sandwich, HM	Cracker Stackers, HM	Tuna Casserole, HM
Milk	Milk	Milk	Milk	Milk	Milk
Meat/Meat Alternative	Turkey Sausage**	Chicken, Diced	Beef Crumble [CN #058857]	Turkey, Sliced, 0.7 oz	Tuna Fish
Bread/Grain	Biscuit [WG], 1.0 oz	Pasta [WG]	Bun [WG], 1-2 oz	Crackers [WG]	Pasta [WG]
Vegetable	Roasted Potatoes [C]	Peas & Carrots [A, C]	Sweet Potato Tot [A]	Carrots [A]	Green Beans [C]
Fruit	Apricots [A]	Mixed Berries [C]	Pears	Apples [C]	Pineapple [C]
Age Appropriate Sub.				Applesauce [C]	
PM SNACK					
Milk	Milk		Milk		
Meat/Meat Alternative		Cheese Cubes, 0.5 oz			Cottage Cheese
Bread/Grain	Bread, 0.9 oz [WG] with soy nut butter & jelly			Crunchy Snack Mix (Pretzels, Cheese Crackers, Chex Cereal)	
Vegetable/ Fruit/ Juice		100% Apple Juice [C]	Banana Slices with soy nut butter	100% Grape Juice [C]	Snap Peas & Cucumbers
Age Appropriate Sub.				Chex Cereal	

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WEEK 6

Center #	Date:	Date:	Date:	Date:	Date:
BREAKFAST	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
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#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
AM SNACK					
#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
#REF!	#REF!	#REF!	#REF!	#REF!	#REF!
#REF!	#REF!	#REF!	Cinnamon Toast [WG], 0.9 oz	#REF!	#REF!
#REF!	#REF!	#REF!		#REF!	#REF!
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LUNCH	#REF!	#REF!	#REF!	#REF!	#REF!
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PM SNACK					
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