Week 1 of 5					1
Meal Pattern	Monday 9/30	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C)	Banana Slices	Orange Wedges (C)	Blueberries	Cooked Apple Slices (C)
Bread/Alternate	WW Cream of Wheat	Kellogg's Rice Krispies Cereal	Healthy Life WW Toast	Oatmeal	Pillsbury Frozen Southern Style WW Biscuit
Other/Notes	inter of our of the out	Renegg e Rice Ricepiec Cercai	American Cheese	outiliou	Diotait
Othernitotes			*Serve as Cheese Toast		
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
WIIK 3/4 C	1% MIIK	1% MIIK	1% WIIK	1% MIIK	
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty (I)	Pinto Beans(I)	Hamburger Steak	@Tuna Salad	WG Tony's Smart Pizza Pepperoni and cheese CN Label
Vegetable 1/4 c (2oz)	Baked Curly Fries	Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
	Baked Cully Flies	runnp Greens (A,C)	Mashed Folaloes	Romaine Lettuce/Spinach mix	Green Beans
			a		
Fruit 1/4 c (2oz)	Tomato Wedges (A,C)	Corn	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C)
(Vegies can replace fruits)	Romaine Lettuce/Spinach mix				
Bread/Alternate	Ultra WW Bun	Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Bread	(Pizza crust)
Other/Notes	Ketchup, Mustard, Mayo		Cooked Sweet Peppers & Onions		
	*Serve as Sandwich			*Serve as Sandwich	
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	1% Milk				
Fruit/Vegetable/Juice 1/2 c			Tomato Sauce(A,C)		Applesauce
Bread/Alternate	Smart Choice WG Blueberry Muffin	Zesta WW Crackers	MaxStix-(Cheese & Bread)	Vanialla Wafers	Graham crackers
Meat/Alternate 1/2 oz		Boiled Egg- halved	maxetix (encoce a 2road)	Yogurt	
Other/Notes		water	water	water	
Week 2of 5		Water	Water	Hatel	
Meal Pattern	Monday 10/7	Tuesday 10/8	Wednesday 10/9	Thursday 10/10	Friday 10/11
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast	
Milk 3/4 c	1% Milk	1% Milk	1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Tomato wedges (A,C)	1% Milk Diced Strawberries & Blueberries		Breakfast 1% Milk Orange Wedges (C)	Breakfast 1% Milk Diced Peaches (C)
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	1% Milk Tomato wedges (A,C) WW Biscuits	1% Milk	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Tomato wedges (A,C)	1% Milk Diced Strawberries & Blueberries	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios	Breakfast 1% Milk Orange Wedges (C)	Breakfast 1% Milk Diced Peaches (C)
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	1% Milk Tomato wedges (A,C) WW Biscuits Gravy	1% Milk Diced Strawberries & Blueberries Oatmeal	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	1% Milk Tomato wedges (A,C) WW Biscuits Gravy	1% Milk Diced Strawberries & Blueberries Oatmeal	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, &	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, &	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz)	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (Raw Broccoli (A,C)
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz)	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits)	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C)	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C)
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits)	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C)	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap)	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin Snack	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components)	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin Snack Pineapple Tidbits (A,C)	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice	1% Milk 1/2 Banana General Milis Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce Grahams	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese "Serve as @Spaghetti Snack	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel Cream Cheese	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce Graham crackers
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	1% Milk Tomato wedges (A,C) WW Biscuits Gravy Lunch 1% Milk Hormel Turkey Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce	1% Milk Diced Strawberries & Blueberries Oatmeal Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice	1% Milk 1/2 Banana General Mills Multi-Grain Cheerios Cereal Lunch 1% Milk Los Cabos Sausage, Egg, & Cheese Burritto Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1% Milk General Mills Multi Grain Cheerios	Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin Snack Pineapple Tidbits (A,C) 1/2 Pillsbury WW Bagel	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce

Closed. No School. Fall Break.

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Week 4 of 5 Meal Pattern	Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Orange Wedges (C)	Applesauce (C) with Cinnamon	Banana	Strawberry slices	Cooked Apple Slices (C)
					Pillsbury Frozen Southern Style WW
Bread/Alternate	Toasted English Muffin	WW French Toast	Kellogg Rice Krispies Cereal	WW Cream of Wheat	Biscuit
Other/Notes	Jelly				
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Ground Beef Chili with Beans	Natural Choice Turkey & Cheese	Uncle Charlie's Porkloin Chop	Ground Beef	*American Cheese
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)		Lima Beans	Tomato Wedges (A,C)	@Vegetable Soup
		Romaine Lettuce/Spinach mix		Romaine Lettuce/Spinach mix	
Fruit 1/4 c / 2 oz (2oz)	Diced Pears	Pineapple Tidbits (C)	Cooked Carrots	Diced Pears	Pineapple Tidbits (C)
(Vegies can replace fruits)					
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Don Pancho WW Tortiallas Shell	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese	Ketchup, Mustard, Mayo		Shredded Sharp Cheese, Salsa	Zesta WW Crackers
	*Serve as @ Chili	*Serve as Hoagie		*Serve as Tortialla Pie	*Served as Hot Sandwich
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c	Slidek	Shack	Shack	Shack	1%Milk
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Pineapple Tidbits (A,C)		Tomato Juice	
Bread/Alternate	Keebler Animal Crackers	1/2 Pillsbury WW Bagel	Zesta WW Crackers	MaxStix (Cheese & Bread)	Graham Crackers
Meat/Alternate 1/2 oz		Cream Cheese	American Cheese Slices		
Other/Notes	Water	Water	Water		
Week 5 of 5					
Meal Pattern	Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	Friday 11/1
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries & Blueberries	1/2 Banana	Orange Wedges (C)	Diced Peaches (C)
			General Mills Multi-Grain Cheerios		, <i>i</i>
Bread/Alternate	WW Biscuits	Oatmeal	Cereal	Toasted English Muffin	WW Pillsbury Mini Pancakes
Other/Notes	Gravy			Jelly	Syrup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz			Los Cabos Sausage, Egg, &		
	Hormel Turkey	@Ground Beef Meat Sauce	Cheese Burritto	@White Beans with Ham Chunks	High Liner WG Breaded Fish Fillet (
Vegetable 1/4 c. (207)					High Liner WG Breaded Fish Fillet (I
Vegetable 1/4 c (2oz)	Hormel Turkey Mashed Potatoes	@Ground Beef Meat Sauce Green Beans	Cheese Burritto Baked Hashbrown	@White Beans with Ham Chunks @Cole Slaw	High Liner WG Breaded Fish Fillet (I Raw Broccoli (A,C)
Fruit 1/4 c (2oz)					
	Mashed Potatoes	Green Beans	Baked Hashbrown	@Cole Slaw	Raw Broccoli (A,C)
Fruit 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	@Cole Slaw	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Mashed Potatoes Green Peas	Green Beans Diced Pears	Baked Hashbrown Orange Wedges (C)	@Cole Slaw Tomato Wedges (A,C)	Raw Broccoli (A,C) Tropical Fruit Cocktail
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread	Green Beans Diced Pears WW Spaghetti Noodles	Baked Hashbrown Orange Wedges (C) (Burritto wrap)	@Cole Slaw Tomato Wedges (A,C)	Raw Broccoli (A,C) Tropical Fruit Cocktail
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti	Baked Hashbrown Orange Wedges (C) (Burritto wrap)	@Cole Slaw Tomato Wedges (A,C)	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components)	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack	@Cole Slaw Tomato Wedges (A,C) Cornbread Muffin	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa	@Cole Slaw Tomato Wedges (A,C) Cornbread Muffin	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios	@Cole Slaw Tomato Wedges (A,C) Cornbread Muffin Snack Pineapple Tidbits (A,C)	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack Tomato Juice	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk		Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack
Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Mashed Potatoes Green Peas Healthy Life WW Bread Turkey Gravy *Serve as Open Face Sandwich Snack Applesauce	Green Beans Diced Pears WW Spaghetti Noodles Parmesean Cheese *Serve as @Spaghetti Snack	Baked Hashbrown Orange Wedges (C) (Burritto wrap) Ketchup, Salsa Snack 1%Milk General Mills Multi Grain Cheerios	@Cole Slaw Tomato Wedges (A,C) Cornbread Muffin Snack Pineapple Tidbits (A,C)	Raw Broccoli (A,C) Tropical Fruit Cocktail Sister's Schubert's WW Roll Ranch Snack Applesauce

 Water
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