UCHRA Van Buen Head Start Menus 2020/2021 February 2021					
Week 1 of 5	Marrian 04			Thursday 0/4	Fride: 0/F
Meal Pattern	Monday 2/1	Tuesday 2/2	Wednesday 2/3	Thursday 2/4	Friday 2/5
Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Breakfast 1% Milk Strawberry Cup	Breakfast 1% Milk Tomato wedges (A,C)	Breakfast 1% Milk 1/2 Banana	Breakfast 1% Milk Orange Wedges (C )	Breakfast 1% Milk Diced Peaches (C)
Bread/Alternate Other/Notes	WW Oatmeal	WW Biscuits Gravy	WW General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes Syrup
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk Los Cabos Sausage, Egg, & Cheese	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	Chef Boyardee Beef Ravloli CN label (Tomato sauce A & C)	@Ground Beef Meat Sauce	Burritto	CN label Hormel Turkey	High Liner WG Breaded Fish Fillet (I)
Vegetable 1/4 c (2oz)	Green Beans	Green Beans	Baked Hashbrown	Mashed Potatoes	Raw Broccoli (A,C)
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Diced Pears	Diced Pears	Orange Wedges (C )	Green Peas	Tropical Fruit Cocktail
Bread/Alternate Other/Notes	(Pasta)	WW Spaghetti Noodles Parmesean Cheese	(Burritto wrap) Ketchup, Salsa	Healthy Life WW Bread Turkey Gravy	Sister Schubert's WW Roll
Week 2 of 5		*Serve as @Spaghetti	·	*Serve as Open Face Sandwich	Ranch
Meal Pattern Breakfast	Monday 2/8 Breakfast	Tuesday 2/9 Breakfast	Wednesday 2/10 Breakfast	Thursday 2/11 Breakfast	Friday 2/12 Breakfast
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Fruit/Vegetable/Juice 1/2 c	Diced Peaches (C )	Diced Apricots	1/2 Banana	Orange Wedges (C )	Diced Peaches (C)
Bread/Alternate Other/Notes	WW Cream of Wheat	WW Oatmeal	General Mills Multi-Grain Cheerios	Toasted English Muffin Jelly	WW Pillsbury Mini Pancakes Syrup
Lunch	Lunch	Lunch	Lunch	Lunch (Culture Food)	Lunch
Milk 3/4 c	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Alternate 1 1/2 oz	@White Beans with Ham Chunks	Tyson WG Chicken Patty (I)	WW Tony's Smart Pizza Pepperoni and		@Tuna Salad
Vegetable 1/4 c (2oz)	@Cole Slaw	Baked Curly Fries	Green Beans	Mixed Green Peas & Carrots	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Tomato Wedges (A,C)	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Tropical Fruit Cup	Pineapple Tidbits (c)	Tropical Fruit
Bread/Alternate	Cornbread Muffin	Ultra WW Bun	WW (Pizza crust)	WG Rice	Healthy Life WW Bread
Other/Notes		Ketchup, Mustard, Mayo		*Serve as Orange Chicken	*Serve as Sandwich
Week 3 of 5	Monday 2/15	*Serve as Sandwich Tuesday 2/16	Wednesday 2/17	Thursday 2/18	Friday 2/19
Meal Pattern Breakfast	Monday 2710	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c		1% Milk Banana Slices	1% Milk Orange Wedges (C)	1% Milk Blueberries	1% Milk Cooked Apple Slices (C)
Bread/Alternate		Kellogg's Rice Krispies WW Cereal	Healthy Life WW Toast	WW Oatmeal	Pillsbury Frozen Southern Style WW
Other/Notes			American Cheese *Serve as Cheese Toast		
Lunch	Presidents'	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c Meat/Alternate 1 1/2 oz		1% Milk Pinto Beans(I)	1% Milk Hamburger Steak	1% Milk @Tuna Salad	1% Milk WW Tony's Smart Pizza Pepperoni and
Vegetable 1/4 c (2oz)		Turnip Greens (A,C)	Mashed Potatoes	Tomato Wedges (A,C)	Green Beans
				Romaine Lettuce/Spinach mix	
Fruit 1/4 c (2oz) (Vegies can replace fruits)		Corn	Green Peas (A & C)	Tropical Fruit	Diced Peaches (C )
Bread/Alternate		Cornbread Muffin	Sister's Schubert's WW Roll	Healthy Life WW Bread	WW (Pizza crust)
Other/Notes	Day		Cooked Sweet Peppers & Onions	*Serve as Sandwich	
Week 4 of 5 Meal Pattern	Monday 2/22	Tuesday 2/23	Wednesday 2/24	Thursday 2/25	Friday 2/26
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	1% Milk Orange Wedges (C )	1% Milk Applesauce (C)	1% Milk Banana	1% Milk Strawberry slices	1% Milk Cooked Apple Slices (C)
Bread/Alternate Other/Notes	Toasted English Muffin Jelly	WW French Toast	Kellogg Rice Krispies WW Cereal	WW Cream of Wheat	Pillsbury Frozen Southern Style WW
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	CN Label Hormel Turkey & Cheese	Uncle Charlie's Porkloin Chop	High Liner WG Breaded Fish Fillet (I)	Chef Boyardee Beef Ravioli CN label (Tomato sauce A & C)
		Tamata Wadaaa (A C)	I	Raw Broccoli (A,C)	Green Beans
Vegetable 1/4 c (2oz)	(Tomatoes (A,C) and Beans in chili)	Tomato Wedges (A,C)  Romaine Lettuce/Spinach mix	Lima Beans	Traw Broccon (A,O)	
Fruit 1/4 c / 2 oz (2oz)	(Tomatoes (A,C) and Beans in chili)  Diced Pears	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Lima Beans  Cooked Carrots	Tropical Fruit Cocktail	Diced Pears
,		Romaine Lettuce/Spinach mix			Diced Pears (Pasta)
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits)	Diced Pears	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)	Cooked Carrots	Tropical Fruit Cocktail	
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Diced Pears  Zesta WW Crackers	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun	Cooked Carrots	Tropical Fruit Cocktail Sister Schubert's WW Roll	
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  *Serve as @ Chili	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie	Cooked Carrots Sister Schubert's WW Roll	Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch	(Pasta)
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes  Week 5 of 5 Meal Pattern Breakfast	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  *Serve as @ Chili  Monday 3/1  Breakfast	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast	Cooked Carrots Sister Schubert's WW Roll  Wednesday 3/3 Breakfast	Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch Thursday 3/4 Breakfast	(Pasta)  Friday 3/5  Breakfast
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese *Serve as @ Chili  Monday 3/1	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4	(Pasta) Friday 3/5
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  Serve as @ Chilli  Monday 3/1  Breakfast  1% Milk	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk  Orange Wedges (C) Healthy Life WW Toast	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1% Milk	Tropical Fruit Cocktail Sister Schubert's WW Roll Ranch Thursday 3/4 Breakfast 1% Milk	(Pasta)  Friday 3/5  Breakfast 1% Milk
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern  Briekfast  Milk 3/4 c  Fruit/Vegetable/Juice 1/2 c  Bread/Alternate  Other/Notes	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  "Serve as @ Chili  Monday 3/1  Breakfast  1% Milk  Strawberry slices  WW Cream of Wheat	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo  *Serve as Hoagie  Tuesday 3/2  Breakfast  1'% Milk  Orange Wedges (C)  Healthy Life WW Toast  American Cheese  *Serve as Cheese Toast	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1% Milk 11/2 Banana Cereal	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk Blueberries WW Oatmeal	(Pasta)  Friday 3/5  Breakfast 1% Milk Cooked Apple Slices (C) Biscuit
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  *Serve as @ Chili  Monday 3/1  Breakfast 1% Milk  Strawberry slices  WW Cream of Wheat  Lunch (Culture Food)	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk  Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1/6 Milk 1/2 Banana Cereal  Lunch	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk  Blueberries  WW Oatmeal  Lunch	(Pasta)  Friday 3/5  Breakfast 1% Milk  Cooked Apple Slices (C)  Biscuit
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern  Briekfast  Milk 3/4 c  Fruit/Vegetable/Juice 1/2 c  Bread/Alternate  Other/Notes	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  "Serve as @ Chili  Monday 3/1  Breakfast  1% Milk  Strawberry slices  WW Cream of Wheat	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo  *Serve as Hoagie  Tuesday 3/2  Breakfast  1'% Milk  Orange Wedges (C)  Healthy Life WW Toast  American Cheese  *Serve as Cheese Toast	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1% Milk 11/2 Banana Cereal	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk Blueberries WW Oatmeal	(Pasta)  Friday 3/5  Breakfast 1% Milk Cooked Apple Slices (C) Biscuit
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate  Other/Notes	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  Serve as @ Chili  Monday 3/1  Breakfast  1% Milk  Strawberry slices  WW Cream of Wheat  Lunch (Culture Food)  1% Milk	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1% Milk 1/2 Banana Cereal  Lunch 1% Milk	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk Blueberries WW Oatmeal  Lunch 1% Milk @Tuna Salad  Tomato Wedges (A,C)	(Pasta)  Friday 3/5  Breakfast 1% Milk Cooked Apple Slices (C) Biscuit  Lunch 1% Milk
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern Breakfast 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)	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  Serve as @ Chili  Monday 3/1  Breakfast  1% Milk  Strawberry slices  WW Cream of Wheat  Lunch (Culture Food)  1% Milk  Hamburger Steak  Champ IRISH Mashed Potatoes	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)  Raw Broccoli (A,C)	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1% Milk 1/2 Banana Cereal  Lunch 1% Milk Burritto  Baked Hashbrown	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk Blueberries WW Oatmeal  Lunch 1% Milk @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	(Pasta)  Friday 3/5  Breakfast 1% Milk Cooked Apple Slices (C) Biscuit  Lunch 1% Milk cheese CN Label  Green Beans
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern Breakfast 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	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  *Serve as @ Chili  Monday 3/1  Breakfast 1% Milk  Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk  Hamburger Steak	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk  Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)	Cooked Carrots Sister Schubert's WW Roll  Wednesday 3/3 Breakfast 1% Milk 1/2 Banana Cereal  Lunch 1% Milk Burritto	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk Blueberries WW Oatmeal  Lunch 1% Milk @Tuna Salad  Tomato Wedges (A,C)	(Pasta)  Friday 3/5  Breakfast 1% Milk  Cooked Apple Slices (C)  Biscuit  Lunch 1% Milk cheese CN Label
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern  Breakfast 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)  (Vegies can replace fruits) Bread/Alternate	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  *Serve as @ Chili  Monday 3/1  Breakfast 1% Milk Strawberry slices WW Cream of Wheat  Lunch (Culture Food) 1% Milk Hamburger Steak  Champ IRISH Mashed Potatoes  Green Peas (A & C)  Sister's Schubert's WW Roll	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)  Raw Broccoli (A,C)	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1% Milk 1/2 Banana Cereal  Lunch 1% Milk Burritto  Baked Hashbrown  Orange Wedges (C)  (Burritto wrap)	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk Blueberries WW Oatmeal  Lunch 1% Milk @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	(Pasta)  Friday 3/5  Breakfast 1% Milk Cooked Apple Slices (C) Biscuit  Lunch 1% Milk cheese CN Label  Green Beans
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern Breakfast 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)	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  *Serve as @ Chili  Monday 3/1  Breakfast 1% Milk  Strawberry slices  WW Cream of Wheat  Lunch (Culture Food) 1% Milk  Hamburger Steak  Champ IRISH Mashed Potatoes  Green Peas (A & C)	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk  Orange Wedges (C) Healthy Life WW Toast American Cheese *Serve as Cheese Toast Lunch 1% Milk High Liner WG Breaded Fish Fillet (I)  Raw Broccoli (A,C)  Tropical Fruit Cocktail	Cooked Carrots Sister Schubert's WW Roll  Wednesday 3/3 Breakfast 1% Milk 1/2 Banana Cereal  Lunch 1% Milk Burritto  Baked Hashbrown  Orange Wedges (C )	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk  Blueberries  WW Oatmeal  Lunch 1% Milk  @Tuna Salad  Tomato Wedges (A,C)  Romaine Lettuce/Spinach mix  Tropical Fruit	Friday 3/5 Breakfast 1% Milk Cooked Apple Slices (C) Biscuit Lunch 1% Milk cheese CN Label Green Beans Diced Peaches (C)
Fruit 1/4 c / 2 oz (2oz) (Vegies can replace fruits) Bread/Alternate  Other/Notes  Week 5 of 5  Meal Pattern  Breakfast 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	Diced Pears  Zesta WW Crackers  Shredded Sharp Cheese  *Serve as @ Chili  Monday 3/1  Breakfast 1% Milk Strawberry slices WW Cream of Wheat  Lunch (Culture Food) 1% Milk Hamburger Steak  Champ IRISH Mashed Potatoes  Green Peas (A & C)  Sister's Schubert's WW Roll	Romaine Lettuce/Spinach mix Pineapple Tidbits (C)  Ultra WW Bun  Ketchup, Mustard, Mayo *Serve as Hoagie  Tuesday 3/2  Breakfast 1% Milk  Orange Wedges (C)  Healthy Life WW Toast  American Cheese *Serve as Cheese Toast  Lunch 1% Milk  High Liner WG Breaded Fish Fillet (I)  Raw Broccoli (A,C)  Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch	Cooked Carrots  Sister Schubert's WW Roll  Wednesday 3/3  Breakfast 1% Milk 1/2 Banana Cereal  Lunch 1% Milk Burritto  Baked Hashbrown  Orange Wedges (C)  (Burritto wrap)	Tropical Fruit Cocktail  Sister Schubert's WW Roll  Ranch  Thursday 3/4  Breakfast 1% Milk Blueberries  WW Oatmeal  Lunch 1% Milk @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Tropical Fruit  Healthy Life WW Bread  "Serve as Sandwich	Friday 3/5 Breakfast 1% Milk Cooked Apple Slices (C) Biscuit Lunch 1% Milk cheese CN Label Green Beans Diced Peaches (C)