UCHRA Van Buren Head Start Menus 2021-2022 October 2021

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Week 1of 5 Meal Pattern	Monday 9/27	Tuesday 9/28	Wednesday 9/29	Thursday 9/30	Friday 10/1
Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 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 Other/Notes	Toasted English Muffin Jelly	WW French Toast	Kellogg Rice Krispies Cereal	WW Cream of Wheat	Biscuit
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk Ground Beef Chili with Beans	1% Milk	1% Milk	1% Milk Ground Beef	1% Milk
Meat/Alternate 1 1/2 oz		Natural Choice Turkey & Cheese	Uncle Charlie's Porkloin Chop		*American Cheese
Vegetable 1/4 c (2oz)		Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Lima Beans	Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	@Vegetable Soup
(Vegies can replace fruits)	Diced Pears	Pineapple Tidbits (C)	Beets	Avocado Slices	Pineapple Tidbits (C)
Bread/Alternate	Zesta WW Crackers	Ultra WW Bun	Sister Schubert's WW Roll	Don Pancho WW Tortialllas Shell	Ultra WW Bread
Other/Notes	Shredded Sharp Cheese *Serve as @ Chili	Ketchup, Mustard, Mayo *Serve as Hoagie		Shredded Sharp Cheese, Salsa *Serve as Tortialla Pie	Zesta WW Crackers *Served as Hot Sandwich
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack	Snack	Snack 1%Milk
Fruit/Vegetable/Juice 1/2 c	Diced Apricots (A)	Pineapple Tidbits (A,C)	7	Tomato Juice	
Bread/Alternate Meat/Alternate 1/2 oz	WW Animal Crackers	1/2 Pillsbury WW Bagel Cream Cheese	Zesta WW Crackers American Cheese Slices	MaxStix (Cheese & Bread)	WW Goldfish Graham crackers
Other/Notes	Water	Water	Water		
Week 2 of 5 Meal Pattern	Monday 10/4	Tuesday10/5	Wednesday 10/6	Thursday 10/7	Friday 10/8
	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Diced Strawberries & Blueberries	1/2 Banana	Orange Wedges (C)	
Bread/Alternate	WW Biscuits	Oatmeal	General Mills Multi-Grain Cheerios Cereal	Toasted English Muffin	
	Gravy			Jelly	
Lunch Milk 3/4 c	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk	Lunch 1% Milk	No School
Meat/Alternate 1 1/2 oz	Hormel Turkey	@Ground Beef Meat Sauce	Los Cabos Sausage, Egg, & Cheese Burritto	@White Beans with Ham Chunks	Staff Training
Vegetable 1/4 c (2oz)	Mashed Potatoes	Green Beans	Baked Hashbrown	@Cole Slaw	.
Fruit 1/4 c (2oz) (Vegies can replace fruits)	Green Peas	Diced Pears	Orange Wedges (C)	Tomato Wedges (A,C)	
Bread/Alternate Other/Notes	Healthy Life WW Bread Turkey Gravy	WW Spaghetti Noodles Parmesean Cheese	(Burritto wrap) Ketchup, Salsa	Cornbread Muffin	
	*Serve as Open Face Sandwich-Let child assemble	*Serve as @Spaghetti			
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack 1%Milk	Snack	
Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice		Pineapple Tidbits (A,C)	
Meat/Alternate 1/2 oz	WW Goldfish Graham crackers	Monzerella Cheese Stick	WW Animal Crackers	1/2 Pillsbury WW Bagel Cream Cheese	
Other/Notes	Water			Water	
Week 2 of 5	- Monday 10/11	Tuesday 10/12	Wednesday 10/13	Thursday 10/14	Friday 10/15
Meal Pattern Breakfast	No School- Fall Break	No School- Fall Break	No School- Fall Break	No School- Fall Break	No School- Fall Break
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)					
Milk 1/2 c Fruit/Vegetable/Juice 1/2 c					
Bread/Alternate					
Meat/Alternate 1/2 oz					
Other/Notes					
Week 3 of 5 Meal Pattern	- Monday 10/18	Tuesday 10/19	Wednesday 10/20	Thursday 10/21	Friday 10/22
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk	Breakfast 1% Milk
Week 3 of 5 Meal Pattern Breakfast	Breakfast	Breakfast 1% Milk Diced Peaches (C)	Breakfast	Breakfast	Breakfast
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Breakfast 1% Milk Cooked Apple Slices (C)	Breakfast 1% Milk Diced Peaches (C)	Breakfast 1% Milk Banana Slices	Breakfast 1% Milk Strawberries Slices (C)	Breakfast 1% Milk Orange Wedges (C)
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch	Breakfast 1% Milk Strawberries Slices (C) Oatmeal	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c	Breakfast 1% Milk Cooked Apple Slices (C) WW Pilisbury Frozen Southern Style	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese *Serve as Cheese Toast
Week 3 of 5 Meal Pattern Breakfast Milki 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk
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Week 3 of 5 Meal Pattern Breakfast Milki 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milki 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits)	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet Raw Broccoli (A,C)	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A)	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears
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Week 3 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) Fruit 1/4 c (2oz) Bread/Alternate Other/Notes Content of the first of the f	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo	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 WW Cornbread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears
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Week 3 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) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 c Bread/Alternate Meat/Alternate Mea	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt
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Week 3 of 5 Meal Pattern Breakfast Milk 314 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) Gread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate 1/2 oz Other/Notes Meat/Alternate 1/2 oz Other/Notes Meat/Alternate 1/2 oz Other/Notes Meat/Alternate 1/2 oz Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20	Breakfast 1% Milk Diced Poaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet Raw Broccoli (A,C) Tropical Fruit Cocktail WW Combread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C)	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Ccooked Apple Slices (C)
Week 3 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) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/2 oz Other/Notes Meat/Alternate 1/2 oz Week 4 of 5 Meal Pattern Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/5 Meal Pattern Breakfast Milk 3/4 c	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk	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 WW Cornbread Mufflin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Com Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Ccooked Apple Slices (C)
Week 3 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) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Milk 3/4 c Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat	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 WW Combread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Chter/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) Milk 1/2 c FruitVegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Bread/Ilternate Chter/Notes Lunch Milk 3/4 c Bread/Ilternate Chter/Notes Lunch Milk 3/4 c Lunch Milk 3/4 c	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silces Kellogg's Rice Krispies Cereal Lunch 1% Milk	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk
Week 3 of 5 Meal Pattern Breakfast Milk 314 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Wegetable / Juice 1/2 c Vegetable 1/4 c (2oz) 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 Dreakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Dreakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Under 1/2 c Bread/Alternate Dreakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Under 1/2 c	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat	Breakfast 1% Milk Diced Poaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet Raw Broccoli (A,C) Tropical Fruit Cocktail WW Combread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch I'w Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meal/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 Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meal Pattern Breakfast	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silces Kellogg's Rice Krispies Cereal Lunch 1% Milk	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1/% Milk Ground Beef Mixed Veggies from @ Sheppard's	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk
Week 3 of 5 Meal Pattern Breakfast Milki 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meal/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Cother/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meal/Alternate Meal/Alternate Meal/Alternate Meal/Alternate Meal/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meal/Alternate Unch Milk 3/4 c Meal/Alternate Milki 3/4 c Meal/Alternate Meal/Alternate Milki 3/4 c Meal/Alternate Meal/Alternate Milki 3/4 c Meal/Alternate	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I)	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk % Milk Cornge Wedges (C) Healthy Life wW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 11% Milk Blueberries Oatmeal Lunch (Culture Food) 11% Milk Ground Beef	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni
Week 3 of 5 Meal Pattern Breakfast Milk 314 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) [Vegies can replace fruits) Bread/Alternate Other/Notes Cher/Notes Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Week 4 of 5 Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Meat/Alternate Milk 3/4 c Meat/Alternate Meat/Alternate 1/2 oz Meat/Alternate 1/2 oz Meat/Alternate 1/2 oz Meat/Alternate 1/2 oz	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo 'Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water 'Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries	Breakfast 1% Milk Dicad Poaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk High Liner WG Breaded Fish Fillet Raw Broccoli (A,C) Tropical Fruit Cocktail WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C)	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans
Week 3 of 5 Meal Pattern Breakfast Milk 314 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) Gother/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c 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 Other/Notes Week 4 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) Fread/Alternate	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Liunch 1% Milk Diced Paches (C) WW Cream of Wheat Lunch 1% Milk Diced Paches (C) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun	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 WW Combread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silcos Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WM Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C)
Week 3 of 5 Meal Pattern Breakfast Milk 314 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) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Meat/Alternate 1/2 oz Other/Notes Meat/Alternate 1/2 oz Other/Notes Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Fire Carrots, Peas, Potatoes Diced Pears Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans I Comato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust)
Week 3 of 5 Meal Pattern Breakfast Milki 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milki 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Cother/Notes Snack (2 of 4 components) Milki 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Week 4 of 5 Meal Pattern Breakfast Milki 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Uther/Notes Week 4 of 5 Meal Pattern Breakfast Milki 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milki 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Unch Milki 3/4 c Meat/Alternate Other/Notes Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Cother/Notes Snack (2 of 4 components) Milki 1/2 c Snack (2 of 4 components) Milki 1/2 c	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water	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 WW Combread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silcos Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Bef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie-	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust)
Week 3 of 5 Meal Pattern Breakfast Milki 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meal/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) Milk 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Bread/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Bread/Alternate 1/2 oz Vegetable 1/4 c (2oz) Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Lunch 1% Milk Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Sanack Verena Sandwich Sanack	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Fire Carrots, Peas, Potatoes Diced Pears Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans I Comato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust)
Week 3 of 5 Meal Pattern Breakfast Milk 314 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) Ivegies 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 Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Vegetable 1/4 c (2oz) Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Lunch 1% Milk Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Sanack Verena Sandwich Sanack	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 WW Cornbread Mufflin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Mufflin Snack Zesta WW Crackers Boiled Egg- halved	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Slices Food Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WM Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce
Week 3 of 5 Meal Pattern Breakfast Milk 314 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) Cother/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Patternate Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) 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/Vegetable/Juice 1/2 c 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 Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Meat/Alternate 1/2 oz Other/Notes Week 5 of 5	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Lunch 1% Milk Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Sanack Verena Sandwich Sanack	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Corn Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Smack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C)	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WM Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce
Week 3 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 Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz)	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack Serve as Sandwich Snack Serve as Sandwich Snack Serve as Sandwich Snack Monday 10/25 Breakfast	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1/% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water WW Animal Crackers Yogurt water Thursday 10/28 Breakfast	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers Friday 10/29 Breakfast
Week 3 of 5 Meal Pattern Breakfast Milk 314 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 314 c Meat/Alternate 1 1/2 oz Vegetable 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 Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Vegetable 1/4 c (2oz) Fruit/Vegetable/Juice 1/2 c Bread/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) 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/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Smark Chicken Patty (I) Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Sanack 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Smart Choice WG Blueberry 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 WW Combread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turrip Greens (A,C) Corn Combread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Haraking Steak Mashed Potatoes	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Blueberries Greund Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast Thursday 10/28 Breakfast Thursday 10/28 Breakfast	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WM Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers WW Goldfish Graham crackers
Week 3 of 5 Meal Pattern Breakfast Milk 314 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) Ivegies 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	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 11% Milk Diced Peaches (C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Lunch 11% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 11% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 11% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 11% Milk Toasted English 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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slicos Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1% Milk Pinto Beans(I)	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Plueberries Catmeal WW Roll WW Roll WS Poles Carrots, Peas, Potatoes Diced Pears WW Roll WW Roll Thursday 10/28 Breakfast Thursday 10/28	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Dicod Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW USG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast
Week 3 of 5 Meal Pattern Breakfast Milk 314 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Altermate 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) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Dread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 4/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 11% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Orange Wedges (C) Toasted English Muffin Jelly	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pilnto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1% Milk Banana Silices General Milis Multi-Grain Cheerios	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Sorve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Blueberries Oatmeal WW Roll WS Pie: Carrots, Peas, Potatoes Diced Pears WW Roll WW Roll WS Pie: Carrots, Peas, Potatoes Diced Pears WW Roll WS Pie: Carrots, Peas, Potatoes Diced Pears WW Roll WS Pie: Carrots, Peas, Potatoes Diced Pears WW Roll Thursday 10/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans I Comato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Healthy Life WW Toast American Cheese 'Serve as Cheese Toast
Week 3 of 5 Meal Pattern Breakfast Milk 314 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) Ivegies 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	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 11% Milk Diced Peaches (C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Lunch 11% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 11% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 11% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 11% Milk Toasted English 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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Breakfast 1% Milk Wednesday 10/27 Breakfast 1% Milk Tomato Wedges	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Plueberries Catmeal WW Roll WW Roll WS Poles Carrots, Peas, Potatoes Diced Pears WW Roll WW Roll Thursday 10/28 Breakfast Thursday 10/28	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meal/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meal/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Week 4 of 5 Meal/Alternate 1/2 oz Vegetable 1/4 c (2oz) Vegetable/Juice 1/2 c Bread/Alternate Ucher/Notes Lunch Milk 3/4 c Meal/Alternate 1/1 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Ucher/Notes Lunch Milk 3/4 c Meal/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Milk 1/2 c Bread/Alternate Meat/Alternate Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Meat/Alternate Freakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettruce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Dicod Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettruce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Crange Wedges (C) Toasted English Muffin Jelly Lunch	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Silcos Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A, C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A, C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll *Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1/% Milk Diced Peaches (C) WW Pilisbury Mini Pancakes Syrup Lunch	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk
Week 3 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) (Vegles can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Milk 3/4 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Milk 3/4 c Bread/Alternate Meat/Alternate Meat/Alternate Meat/Alternate Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Milk 3/4 c Bread/Alternate Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Milk 3/4 c	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Uttra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Sanack Lunch 11% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack Sarve as Sandwich Snack Monday 10/25 Breakfast 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Jelly Wedges (C) Toasted English Muffin Jelly Milk	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 WW Cornbread Mufflin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Mufflin Snack Zesta WW Crackers Boiled Egg-halved water Tuesday10/26 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Snack Lunch Turnip Greens (A,C) Lunch Lynch Lync	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxSitx-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk @Tuna Salad Tomato Wedges (A,C)	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1/% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water WW Animal Crackers Yogurt Water Thursday 10/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch Lunch Lunch Linch	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Horn Style WW Grony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Uncle Charlie's Porktoin Chop
Week 3 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 11/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meat/Alternate 1/1/2 oz Vegetable 1/4 c (2oz) Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/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) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) FruitVegetable/Juice 1/2 c Bread/Alternate Meat/Alternate Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Milk 3/4 c Meat/Alternate 1 1/2 oz	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Uttra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack Tys Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Smart Choice WG Blueberry Muffin Jelly Lunch 1% Milk Cround Beef Chili with Beans	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 WW Cornbread Mufflin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Mufflin Snack Zesta WW Crackers Boiled Egg-halved water Tuesday10/26 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Snack Lunch Turnip Greens (A,C) Lunch Lynch Lync	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk GTuna Salad	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie- English Culture Snack WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Brood Pears WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Ground Beef Meat Sauce	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Lunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meal/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) (Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Bread/Alternate Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Milk 3/4 c Cother/Notes Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Cother/Notes Lunch Milk 3/4 c Lunch Milk 3/4 c FruitVegetable/Juice 1/2 c Bread/Alternate Uegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Cother/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 3/4 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes Uegetable 1/4 c Bread/Alternate Meat/Alternate 1/2 oz Dither/Notes Lunch Milk 3/4 c Bread/Alternate Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz)	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack 11% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack 11% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 11% Milk Ground Beef Chili with Beans I Tomatoes (A,C) and Beans in chili) Diced Pears	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinachemix, Tomato Wedges (A,C)	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix (Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk @Tuna Salad Tomato Budges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Diced Peaches (C) WW Pilisbury Mini Pancakes Syrup Lunch 1% Milk Diced Peaches (C) WW Pilisbury Mini Pancakes Syrup Lunch 1% Milk OGeound Beef Meat Sauce Green Beans Diced Pears	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW Horn Style WW Grony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Uncle Charlie's Porktoin Chop
Week 3 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) (Vegetable 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c (2oz) Other/Notes Week 4 of 5 Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/1 oz Vegetable 1/4 c (2oz) 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/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Meat/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz)	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Crange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Danana Slices Lunch 1% Milk Snack Zesta WW Crackers Boiled Egg-halved water Tuesday10/26 Breakfast 1% Milk Banana Slices Cornbread Muffiin	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk Gytuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Geround Beef Meat Sauce Green Beans Diced Pears	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans I Comato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans
Week 3 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) (Vegetable 1/4 c (2oz) (Vegies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c (2oz) Other/Notes Week 4 of 5 Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/1 oz Vegetable 1/4 c (2oz) 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/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Meat/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz)	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix WW Uttra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Dicad Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Smack 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A, C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Ground Beef Chili with Beans (Tomatoes (A, C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1% Milk Snack Lunch 11% Milk Pinto Beans (I) Lunch 17% Milk Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1% Milk Romain Slices General Mills Multi-Grain Cheerios Lunch 11% Milk Natural Choice Turkey & Cheese Romain Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun "Serve as Hoagie	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix (Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk @Tuna Salad Tomato Budges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie- Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Breakfast 1% Milk Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles "Serve as @Spaghetti VS Spreak Green Beans Diced Pears	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans Cooked Carrots Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Lunch 1% Milk Green Beans Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Grony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese Serve as Cheese Toast Lunch Lunch Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots
Week 3 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 Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Lunch Milk 3/4 c Meal/Alternate Meal/Alternate User (2oz) Vegetable 1/4 c (2oz) Fruit/Vegetable/Juice 1/2 c Bread/Alternate User (2oz) Vegetable 1/4 c (2oz) Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes User (2oz) Vegetable 1/4 c (2oz) Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c 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 Other/Notes Week 5 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c 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Lunch 1% Milk Orange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Ranana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomatoe Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk Gytuna Salad Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread	Breakfast 1% Milk Strawberries Slices (C) Catmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Catmeal Lunch (Culture Food) 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Diced Peaches (C) WW Pillsbury Mini Pancakes Syrup Lunch 1% Milk Geround Beef Meat Sauce Green Beans Diced Pears	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans Pasta in Ravioli Snack WW Animal Crackers Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots
Week 3 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 Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Week 4 of 5 Meal/Alternate Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meal/Alternate Milk 3/4 c Week 4 of 5 Meal/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/1 oz 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/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Corange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese "Serve as @ Chili Snack Diced Apricots (A)	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1/% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk Milk Milk Milk Milk Mustard, Mayo Snack	Breakfast 1% Milk Banana Slices General Mills 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9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll *Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Diced Pears WW Roll *Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Diced Peaches (C) WW Pilisbury Mini Pancakes Syrup Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles *Serve as @Spaghetti Parmessan Cheese Snack	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans (Tomato sauce A & C) Diced Pears Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pillsbury Frozen Southern Style WW WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll
Week 3 of 5 Meal Pattern Breakfast Milk 314 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) God and Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes Lunch Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese "Serve as @ Chili Snack	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Ranana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Diced Peaches (Fruit cup) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack	Breakfast 1% Milk Banana Slicos General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) Water Wednesday 10/27 Breakfast 1% Milk @Tuna Salad Lunch 1% Milk @Tuna Salad Tomato Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk @Tuna Salad Tomato Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk @Tuna Salad Tomato Wedges WW Cream of Wheat mix Tropical Fruit Healthy Life WW Bread "Serve as Sandwich Snack Diced Pears	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 11% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll "Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Brood Pears WW Animal Crackers Yogurt Water Thursday 10/28 Breakfast 1% Milk @ Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles "Serve as @Spaghetti Parmesean Cheese Snack WW Animal Crackers	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese "Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans Close Toast Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Hunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Snack Friday 10/29 Breakfast 1% Milk Uncle Charlie's Prokloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Snack Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Snack Sister Schubert's WW Roll
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c FruitV/egetable/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 Other/Notes Snack (2 of 4 components) Milk 1/2 c FruitVegetable/Juice 1/2 c Bread/Alternate Week 4 of 5 Meal/Alternate 1/2 oz Other/Notes Under/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Under/Notes Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Other/Notes Lunch Milk 3/4 c Meat/Alternate 1/2 oz Other/Notes Lunch Milk 3/4 c Meat/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c /2 oz (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c /2 oz (2oz) (Vegles can replace fruits) Bread/Alternate Other/Notes	Breakfast 1% Milk Cooked Apple Slices (C) WW Pillsbury Frozen Southern Style Lunch 1% Milk Beef Patty Baked French Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix WW Ultra Bun Ketchup, Mustard, Mayo "Serve as Sandwich-Let child Snack High Life WW Toast American Cheese Water "Served as Cheese Toast Monday 9/20 Breakfast 1% Milk Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk Tyson WG Chicken Patty (I) Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun Ketchup, Mustard, Mayo "Serve as Sandwich Snack 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Smart Choice WG Blueberry Muffin Monday 10/25 Breakfast 1% Milk Corange Wedges (C) Toasted English Muffin Jelly Lunch 1% Milk Ground Beef Chili with Beans (Tomatoes (A,C) and Beans in chili) Diced Pears Zesta WW Crackers Shredded Sharp Cheese "Serve as @ Chili Snack Diced Apricots (A)	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 WW Cornbread Muffiin Ranch Snack Applesauce WW Goldfish Graham crackers Water Tuesday 9/21 Breakfast 1% Milk Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk Pinto Beans(I) Turnip Greens (A,C) Corn Cornbread Muffiin Snack Zesta WW Crackers Boiled Egg- halved water Tuesday10/26 Breakfast 1/% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Mills Multi-Grain Cheerios Lunch 1% Milk Banana Slices General Milk Natural Choice Turkey & Cheese Romaine Lettuce/Spinach mix, Tomato Wedges (A,C) Ultra WW Bun *Serve as Hoagie Ketchup, Mustard, Mayo Snack 1% Milk Milk Milk Milk Milk Mustard, Mayo Snack	Breakfast 1% Milk Banana Slices General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios General Mills Multi-Grain Cheerios Lunch 1% Milk WG Tony's Smart Pizza Pepporoni Tomato Wedges (A,C) in Tossed Shredded carrots & mixed greens (Pizza Crust) Ranch Snack 1% Milk Smart Choice WW Blueberry Muffin Wednesday 9/22 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese 'Serve as Cheese Toast Lunch 1% Milk Hamburger Steak Mashed Potatoes Green Peas (A & C) Sister's Schubert's WW Roll Cooked Sweet Peppers & Onions Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread) water Wednesday 10/27 Breakfast 1% Milk Tomato Wedges WW Cream of Wheat w/ Shredded Lunch 1% Milk @Tuna Salad Tomato Wedges WW Cream of Wheat w/ Shredded Tomato Wedges WW Cream of Wheat m/s Shredded Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread *Serve as Sandwich Snack	Breakfast 1% Milk Strawberries Slices (C) Oatmeal Lunch 1% Milk Tyson WG Breaded Chicken Patties Green Peas (A & C) Diced Apricots (A) Sister Schubert's WW Roll Ketchup Snack Diced Pears Shredded Sharp Cheese Water Thursday 9/23 Breakfast 1% Milk Blueberries Oatmeal Lunch (Culture Food) 1% Milk Ground Beef Mixed Veggies from @ Sheppard's Pie: Carrots, Peas, Potatoes Diced Pears WW Roll *Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Diced Pears WW Roll *Serve as Sheppard's Pie- English Culture Snack WW Animal Crackers Yogurt water Thursday 10/28 Breakfast 1% Milk Diced Peaches (C) WW Pilisbury Mini Pancakes Syrup Lunch 1% Milk @Ground Beef Meat Sauce Green Beans Diced Pears WW Spaghetti Noodles *Serve as @Spaghetti Parmessan Cheese Snack	Breakfast 1% Milk Orange Wedges (C) WW Healthy Life Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Chef Boyardee Beef Ravioli CN Green Beans Pasta in Ravioli Snack WW Animal Crackers Pasta in Ravioli Snack WW Animal Crackers Yogurt water Friday 9/24 Breakfast 1% Milk Cooked Apple Slices (C) Pilisbury Frozen Southern Style WW Hunch 1% Milk WG Tony's Smart Pizza Pepperoni Green Beans Diced Peaches (C) (Pizza crust) Snack Applesauce WW Goldfish Graham crackers Friday 10/29 Breakfast 1% Milk Orange Wedges (C) Healthy Life WW Toast American Cheese Serve as Cheese Toast Lunch 1% Milk Uncle Charlie's Porkloin Chop Lima Beans Cooked Carrots Sister Schubert's WW Roll Snack Snack