## UCHRA Van Buen Head Start Menus 2021-2022 April 2022

			2022		
Week 1 of 5 Meal Pattern	Monday 4/4	Tuesday 4/5	Wednesday 4/6	Thursday 4/7	Friday 4/8
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Milk 3/4	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
Fruit/Vegetable/Juice 1/2 c	1/2 Banana	Appricots	Diced Peaches (C )	Tropical Fruit (C)	Strawberries General Mills Multi-Grain Cheerios
Bread/Alternate	Kellogg's Rice Krispies Cereal	WW Oatmeal	Scrambled Eggs	WW Cream Of Wheat	Cereal
Other/Notes Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Milk 3/4 c	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
					WG Tony's Smart Pizza Pepperoni and Cheese CN Label#Hamburger
Meat/Alternate 1 1/2 oz	Hamburger Steak	Tyson WG Chicken Patty (I) CN Labe	Pork Loin	Cooked Diced Chicken	Patty/WW Tortilla
Variable 4/4 - (2)	Manhad Datataga (MMala Mith Matan	Lima Bassa (I) CN Labal	Compto : Cooked		Bahad Coulty Fries
Vegetable 1/4 c (2oz)	Mashed Potatoes/#Make With Water	Lima Beans (I) CN Label	Carrots ; Cooked	Corn Diced Tomatoes (A,C); Cooked	Baked Curly Fries
Fruit 1/4 c / 2 oz (2oz)	Green Beans (A,C)	Tomato Wedges (A,C)	Cooked Apples (A,C)	Pineapple Tidbits (A,C)	Diced Pears
(Veggies can replace fruits) Bread/Alternate	Ultra WW Bun#WW Tortilla	Romaine Lettuce/Spinach Mix Ultra WW Bun#WW Tortilla	WW Toast/#WW Bagel	WW Rice	(pizza crust)
Other/Notes	Olda VVV Ballir VVV Tortalia	Ketchup, Mustard, Mayo	Shredded Sharp Cheese/#None	@serve as Chicken Gumbo	(bizza crast)
0	0	*Serve as Sandwich	01	0	Ranch
Snack (2 of 4 components) Milk 1/2 c	Snack	Snack	Snack	Snack 1% Milk/+	Snack
Fruit/Vegetable/Juice 1/2 c	Fresh Apple Slices	Tomato Juice	Orange Slices		
Bread/Alternate Meat/Alternate 1/2 oz	WW Graham crackers	Mozarella String Cheese Stick/	Club Crackers	Smart Choice WG Blueberry Muffin	Zesta WW Crackers Bolied egg-Halved
Other/Notes		#Zesta WW Crackers			Water
Week 2 of 5					
Meal Pattern Breakfast	Monday 4/11 Breakfast	Tuesday 4/12 Breakfast	Wednesday 4/13 Breakfast	Thursday 4/14 Breakfast	Friday 4/15 Breakfast
Milk 3/4 c		1% Milk/+	1% Milk/+	1% Milk/+	1% Milk/+
Fruit/Vegetable/Juice 1/2 c	Tomato wedges (A,C)	Strawberries Slices (C )	Blueberries	Orange Wedges (C )	1/2 Banana
Bread/Alternate	WW Biscuits/#Scrambled Eggs	WW Oatmeal	WW Cream of Wheat	Pillsbury Frozen Southern Style WW Biscuit/#WW Pita Bread	General Mills Multi-Grain Cheerios Cereal
Other/Notes	Gravy			Jelly	
Lunch Milk 3/4 c	Lunch 1% Milk	Lunch 1% Milk/+	Lunch 1% Milk/+	Lunch (Culture Food) 1% Milk/+	Lunch 1% Milk/+
Meat/Alternate 1 1/2 oz	Tyson WG Chicken Patty CN Lbel	*Ham and Cheese	. /y minu ·	Pinto Beans (I)	Ground Beef Meatballs
			Mashed Potatoes/ #Make with		
Vegetable 1/4 c (2oz)	Baked Curly Fries	@Vegetable Soup	water	Turnip Greens	Green Peas
Fruit 1/4 c (2oz) (Veggies can replace fruits)	Tomato, Lettuce (A,C)	Pineapple Tidbits (C)	Green Peas (A,C)	Green Beans	Diced Pears
		Healthy Living WW Bread/#WW		Cornbread Muffin/#Zesta WW	
Bread/Alternate Other/Notes	Ultra WW Bun/#WW Tortilla Ketchup, Mustard, Mayo	Tortilla	Bread	Crackers	WW Egg Noodles
Other/Notes	*Serve As Sandwich	*Serve as HotSandwich/#no cheese			*Serve as Swedish Meatballs
Snack (2 of 4 components)	Snack	Snack	Snack	Snack	Snack
Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Applesauce	Tomato Juice	1%Milk/+	Pineapple Tidbits (A,C)	Diced Pears
-		Tomato valoc	General Mills Multi Grain Cheerios	1/2 Pillsbury WW Bagel/ #WW	
Bread/Alternate	WW Graham Crackers	Monzerella String Cheese	cereal	Tortilla	Smart Choice WG Blueberry Muffin
Meat/Alternate 1/2 oz		Stick/#Club Crackers		Cream Cheese	
Other/Notes					
	Water		Water	Water	Water
Week 3 of 5 Meal Pattern	Water  Monday 4/18	Tuesday 4/19	Water Wednesday 4/20		Water Friday 4/22
Week 3 of 5 Meal Pattern Breakfast	Monday 4/18 Breakfast	Breakfast	Wednesday 4/20 Breakfast	Water Thursday 4/21 Breakfast	Friday 4/22 Breakfast
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c	Monday 4/18 Breakfast 1% Milk/+	Breakfast 1% Milk/+	Wednesday 4/20 Breakfast 1% Milk/+	Water Thursday 4/21 Breakfast 1% Milk/+	Friday 4/22  Breakfast 1% Milk/+
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)	Breakfast 1% Milk/+ Banana Slices	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C)	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)	Breakfast 1% Milk/+	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C)
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)	Breakfast 1% Milk/+ Banana Slices	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C)	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch	Thursday 4/21 Breakfast 1% Milk/+ Strawberry Slices (C) WW Oatmeal	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#/WW Bagel  Lunch
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk/+	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel
Week 3 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Other/Notes Lunch	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch	Thursday 4/21 Breakfast 1% Milk/+ Strawberry Slices (C) WW Oatmeal	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#/WW Bagel  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 Meat/Alternate 1 1/2 oz	Monday 4/18 Breakfast 1% Milk/+ Diced Peaches (C) WW Cream of Wheat Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C)	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+  @Tuna Salad	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch 1% Milk/+ Ground Beef
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	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  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)	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C)	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C)	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C)	Thursday 4/21  Breakfast 1/6 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/6 Milk/+ @Tuna Salad  Tomato Wedges (A,C)	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch 1% Milk/+ Ground Beef
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)	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices	Thursday 4/21  Breakfast 1/5 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/6 Milk/+  @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch 1% Milk/+ Ground Beef @Cabbage Stew
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)	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C)	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx	Thursday 4/21  Breakfast 11% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 11% Milk/+  @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch 1% Milk/+ Ground Beef @Cabbage Stew
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) (Veggies can replace fruits)	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+  @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+  Ground Beef  @Cabbage Stew  Diced Peaches (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) (Veggies can replace fruits)	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+  @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch 1% Milk/+ Ground Beef @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers
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) (Veggies can replace fruits) Bread/Alternate	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices Don Pancho WW Tortilla Shell Salsa, Shredded Sharp	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW  Tortilla	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage
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) (Veggies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components)	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices Don Pancho WW Tortilla Shell Salsa, Shredded Sharp	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+  @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch 1% Milk/+ Ground Beef @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers
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) (Veggies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None	Thursday 4/21  Breakfast 1/6 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/6 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  "Serve as Sandwich	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack
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) (Veggies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo *Serve as Sandwich Snack 1% Milk/+	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Future Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew 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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate  Bread/Alternate	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C)	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack
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) (Veggies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Future Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew 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) Vegetable 1/4 c (2oz) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit 1/2 c Bread/Alternate Meat/Alternate	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg-halved water	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach MIx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water
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) (Veggies 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 Me	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Snack  Applesauce Graham crackers  Water
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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit 1/2 c Bread/Alternate Meat/Alternate	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg-halved water	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach MIx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water
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) (Veggies 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 Meat/Alternate 1/2 oz Other/Notes Week 4 of 5 Meal Pattern Breakfast	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Silices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast	Thursday 4/21  Breakfast 17% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 1% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+  Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries
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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit 1/2 c Bread/Alternate Meat/Alternate	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast 1% Milk/+	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast 1% Milk/+ 1/2 Banana	Wednesday 4/20  Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly  Lunch 1% Milk/+ Ground Beef  Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack  Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27  Breakfast 1% Milk/+	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+  @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/8 Milk/+	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pilisbury Mini
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) (Veggies 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  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Freakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast 1% Milk/+	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg-halved water  Tuesday 4/26  Breakfast 1% Milk/+	Wednesday 4/20  Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly  Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27  Breakfast 1% Milk/+	Thursday 4/21  Breakfast 17% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 17% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 17% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscult/#WW Bagel  Lunch  1% Milk/+  Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Snack  Applesauce  Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries  WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal
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) (Veggies 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/Altern	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26 Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers  water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C)	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/3pinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28 Breakfast 1% Milk/+ Orange Wedges (C)	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain
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) (Veggies 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  Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate Freakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26 Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers  water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C)	Thursday 4/21  Breakfast 17% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 17% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 17% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscult/#WW Bagel  Lunch  1% Milk/+  Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Snack  Applesauce  Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries  WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal
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) (Veggies 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 Other/Notes	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C )  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26 Breakfast 1% Milk/+ 1/2 Banana  General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers  water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs	Thursday 4/21  Breakfast 1% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  "Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup
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)  Fruit 1/4 c (2oz) (Veggies 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 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c Bread/Alternate  Meat/Alternate Other/Notes  Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c  Bread/Alternate Other/Notes  Lunch	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+ Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast 1% Milk/+ Diced Apricots (A)  WW Oatmeal	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast 1% Milk/+ 1/2 Banana  General Mills Multi-Grain Cheerios Cereal  Lunch	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs	Thursday 4/21  Breakfast 1/% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly  Lunch	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  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 Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Vegetable 1/4 c (2oz) (Veggies can replace fruits) Bread/Alternate Other/Notes Snack (2 of 4 components) Milk 1/2 c Fruit 1/4 c (2oz) Gruit 1/4 c (2oz) Veggies 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 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 1/2 oz Meat/Alternate	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk  High Liner WG Breaded Fish Fillet (I) CN Label	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast 11/2 Banana  General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/8 Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly Lunch 1/8 Milk/+ @ Ground Beef Meat Sauce	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast 1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch  1% Milk/+ Beef Patty
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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Snack (2 of 4 components) Milk 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	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast 1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch 1% Milk High Liner WG Breaded Fish Fillet	Breakfast 1% Milk/+ Banana Slices  Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast 1% Milk/+ 1/2 Banana  General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ 1/8 Milk/+	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None Snack Tomato Sauce(A,C) MaxSitx-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+	Thursday 4/21  Breakfast 1/5 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/6 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/6 Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly  Lunch 1/6 Milk/+	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#/WW Bagel  Lunch 1% Milk/+ Ground Beef  @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29 Breakfast 1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  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)  Cher/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate Milk 3/4 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)	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk  High Liner WG Breaded Fish Fillet (I) CN Label	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast 11/2 Banana  General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/8 Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly Lunch 1/8 Milk/+ @ Ground Beef Meat Sauce	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#/WW Bagel  Lunch 1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast 1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch 1% Milk/+ Beef Patty  Baked Curly Fries  Romaine Lettuce/Spinach Mix
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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  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) (Veggies can replace fruits)	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water Tuesday 4/26  Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty Baked Hashbrown  Orange Wedges (C)	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	Thursday 4/21  Breakfast 1/% Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly Lunch 1/% Milk/+ @ Ground Beef Meat Sauce Green Beans  Diced Pears	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pilisbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch  1% Milk/+ Beef Patty  Baked Curly Fries  Romaine Lettuce/Spinach Mix Tomato Wedges (A,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) (Veggies 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  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  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) Fruit 1/4 c (2oz) Fread/Alternate Bread/Alternate Fread/Alternate Fread/Alternate Meat/Alternate	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk  High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  WW Ultra Bun/#WW Tortilla	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26 Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty Baked Hashbrown Orange Wedges (C) (Burrito Wrap)/#WW Tortilla	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw	Thursday 4/21  Breakfast 17% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 17% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 17% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly Lunch 17% Milk/+ @ Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Snack  Applesauce Graham crackers  Water  Friday 4/29 Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch  1% Milk/+ Beef Patty  Baked Curly Fries  Romaine Lettuce/Spinach Mix Tomato Wedges (A,C) Ultra WW Bun/#WW Bagel
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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 oz Other/Notes  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) (Veggies can replace fruits)	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  WW Ultra Bun/#WW Tortilla  Ketchup, Mustard, Mayo	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water Tuesday 4/26  Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty Baked Hashbrown  Orange Wedges (C)	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/8 Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly  Lunch 1/8 Milk/+ @ Ground Beef Meat Sauce  Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese/#none	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch  1% Milk/+ Beef Patty  Baked Curly Fries  Romaine Lettuce/Spinach Mix Tomato Wedges (A,C) Ultra WW Bun/#WW Bagel Ranch/#Ketchup Ketchup, Mustard, Mayo, 'Serve as
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) Gread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Bread/Alternate Meat/Alternate 1/2 oz  Week 4 of 5 Meal Pattern Breakfast Milk 3/4 c Fruit/Vegetable/Juice 1/2 c  Bread/Alternate 1/2 oz  Vegetable 1/4 c (2oz)  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) Fruit 1/4 c (2oz) Fruit 1/4 c (2oz) Fread/Alternate Other/Notes	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast 1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  WW Ultra Bun/#WW Tortilla Ketchup, Mustard, Mayo  *Serve as Sandwich	Breakfast 1% Milk/+ Banana Slices  Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast 1% Milk/+ 1/2 Banana  General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None Snack Tomato Sauce(A,C) MaxSitx-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin/#WW Bagel	Thursday 4/21 Breakfast 17% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 17% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water Thursday 4/28 Breakfast 17% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly Lunch 17% Milk/+ @ Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese/#none *Serve as @Spaghetti	Friday 4/22  Breakfast 1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#/WW Bagel  Lunch 1% Milk/+ Ground Beef  @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29 Breakfast 1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch 1% Milk/+ Beef Patty Baked Curly Fries  Romaine Lettuce/Spinach Mix Tomato Wedges (A, C) Lultra WW Burl#WW Bagel Ranch/#Ketchup Ketchup, Mustard, Mayo, "Serve as sandwich Usissandwich Wagel Ranch/#Ketchup Ketchup, Mustard, Mayo, "Serve as sandwich
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) Vegetable 1/4 c omponents Milk 1/2 c Bread/Alternate Meat/Alternate 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) 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) Srack (2 of 4 components)	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast 1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  WW Ultra Bun/#WW Tortilla Ketchup, Mustard, Mayo  *Serve as Sandwich	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26 Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty Baked Hashbrown Orange Wedges (C) (Burrito Wrap)/#WW Tortilla	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mix Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C)	Thursday 4/21  Breakfast 1/8 Milk/+ Strawberry Slices (C)  WW Oatmeal  Lunch 1/8 Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28  Breakfast 1/8 Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly  Lunch 1/8 Milk/+ @ Ground Beef Meat Sauce  Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese/#none	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch  1% Milk/+ Beef Patty  Baked Curly Fries  Romaine Lettuce/Spinach Mix Tomato Wedges (A,C) Ultra WW Bun/#WW Bagel Ranch/#Ketchup Ketchup, Mustard, Mayo, 'Serve as
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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit 1/2 c Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 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) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) (Veggies can replace fruits) 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) (Veggies can replace fruits) Bread/Alternate Other/Notes  Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  WW Ultra Bun/#WW Tortilla  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  Yegurt/#Jelly	Breakfast 1% Milk/+ Banana Slices  Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans  Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26  Breakfast 1% Milk/+ 1/2 Banana  General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack  Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin/#WW Bagel	Thursday 4/21 Breakfast 17% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 17% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water Thursday 4/28 Breakfast 17% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly Lunch 17% Milk/+ @ Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese/#none *Serve as @Spaghetti Snack 17%Milk/+	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch 1% Milk/+ Beef Patty  Baked Curly Fries  Romaine Lettuce/Spinach Mix Tomato Wedges (A,C) Ultra WW Bun/#WW Bagel Ranch/#Ketchup Ketchup, Mustard, Mayo, *Serve as sandwich Snack  Applesauce with cinnamon
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) (Veggies 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 Other/Notes Lunch Milk 3/4 c Fruit/Vegetable/Juice 1/2 c  Fread/Alternate Other/Notes  Lunch Milk 3/4 c Meat/Alternate 1 1/2 oz Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Snack (2 of 4 components) Milk 1/2 c Fruit/Vegetable/Juice 1/2 c Fread/Alternate Other/Notes	Monday 4/18  Breakfast  1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch  1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  1% Milk/+  Monday 4/25  Breakfast  1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch  1% Milk High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  WW Ultra Bun/#WW Tortilla  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label/ Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water Tuesday 4/26 Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty Baked Hashbrown Orange Wedges (C) (Burrito Wrap)/#WW Tortilla Ketchup, Salsa  Snack	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C)  Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin/#WW Bagel  Snack  Zesta WW Crackers	Thursday 4/21 Breakfast 1/% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 1/% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit  Healthy Life WW Bread/# WW Tortilla  "Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water  Thursday 4/28 Breakfast 1/% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly  Lunch 1/% Milk/+ @ Ground Beef Meat Sauce Green Beans  Diced Pears  WW Spaghetti Noodles Parmesean Cheese/#none "Serve as @Spaghetti Snack	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pillsbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew  Pickers  * Serve as Ground Beef/Cabbage Stew  * Serve as Ground Beef/Cabbage  * Serve as Ground Beef/Cabb
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) Gread/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 Other/Notes  Lunch Milk 3/4 c Bread/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 Meat/Alternate Other/Notes  Lunch Milk 1/4 c (2oz) Vegetable 1/4 c (2oz) Fruit 1/4 c (2oz) Fruit/Yegetable/Juice 1/2 c	Monday 4/18  Breakfast 1% Milk/+ Diced Peaches (C)  WW Cream of Wheat  Lunch 1% Milk/+ Tyson WG Chicken Patty (I) CN Label  Baked Curly Fries  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  Ultra WW Bun/#WW Pita Bread  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack 1% Milk/+  Smart Choice WG Blueberry Muffin  Water  Monday 4/25  Breakfast 1% Milk/+ Diced Apricots (A)  WW Oatmeal  Lunch 1% Milk High Liner WG Breaded Fish Fillet (I) CN Label  Raw Cauliflower  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix  WW Ultra Bun/#WW Tortilla  Ketchup, Mustard, Mayo  *Serve as Sandwich Snack  Yegurt#Jelly Toasted WW Bagel	Breakfast 1% Milk/+ Banana Slices Kellogg's Rice Krispies Cereal  Lunch 1% Milk/+ Chef Boyardee Beef Ravloli CN Label Hamburger Steak (Tomato sauce A & C) Green Beans Diced Pears  Pasta in Ravioli/#WW Bagel  Ketchup  Snack  Zesta WW Crackers Boiled Egg- halved water  Tuesday 4/26 Breakfast 1% Milk/+ 1/2 Banana General Mills Multi-Grain Cheerios Cereal  Lunch 1% Milk/+ Los Cabos Sausage, Egg, and Cheese Burrito/#Chicken Patty Baked Hashbrown Orange Wedges (C) (Burrito Wrap)/#WW Tortilla Ketchup, Salsa  Snack	Wednesday 4/20 Breakfast 1% Milk/+ Orange Wedges (C) Toasted English Muffin/#WW Bagel Jelly Lunch 1% Milk/+ Ground Beef Tomato Wedges (A,C) Romaine Lettuce/Spinach Mlx Avacado Slices  Don Pancho WW Tortilla Shell Salsa, Shredded Sharp Cheese/#None  Snack  Tomato Sauce(A,C) MaxStix-(Cheese & Bread)/#Club Crackers water  Wednesday 4/27 Breakfast 1% Milk/+ Pineapple Tidbits (C) Scrambled Eggs  Lunch 1% Milk/+ @White Beans with Ham Chunks @Cole Slaw Tomato Wedges (A,C) Cornbread Muffin/#WW Bagel	Thursday 4/21 Breakfast 17% Milk/+ Strawberry Slices (C) WW Oatmeal  Lunch 17% Milk/+ @Tuna Salad  Tomato Wedges (A,C) Romaine Lettuce/Spinach mix Tropical Fruit Healthy Life WW Bread/# WW Tortilla  *Serve as Sandwich Snack  Animal Crackers Yogurt/#Fruit Cup water Thursday 4/28 Breakfast 17% Milk/+ Orange Wedges (C)  Toasted English Muffin/#WW Bagel Jelly Lunch 17% Milk/+ @ Ground Beef Meat Sauce Green Beans Diced Pears  WW Spaghetti Noodles Parmesean Cheese/#none *Serve as @Spaghetti Snack 17%Milk/+	Friday 4/22  Breakfast  1% Milk/+ Pineapple Tidbits (C) Pilisbury Frozen Southern Style WW Biscuit/#WW Bagel  Lunch  1% Milk/+ Ground Beef  @Cabbage Stew  Diced Peaches (C)  WW Roll/#Zesta WW Crackers  * Serve as Ground Beef/Cabbage Stew Snack  Applesauce Graham crackers  Water  Friday 4/29  Breakfast  1% Milk/+ Blueberries WW Pillsbury Mini Pancakes/#General Mills Multi-Grain Cheerios Cereal Syrup  Lunch 1% Milk/+ Beef Patty  Baked Curly Fries  Romaine Lettuce/Spinach Mix Tomato Wedges (A,C) Ultra WW Bun/#WW Bagel Ranch/#Ketchup Ketchup, Mustard, Mayo, *Serve as sandwich Snack  Applesauce with cinnamon