



MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST:					
MILK	MILK	MILK	MILK	MILK	MILK
FRUIT/VEGETABLE		ORANGES	APPLESLICES	MIXED BERRIES	PEARS
GRAIN/MEAT	CHEF'S CHOICE	WG BAGELS	WG CEREAL	WG OATMEAL	WG PANCAKES BITES
EXTRA		CREAM CHEESE			
LUNCH:					
	CHEF'S CHOICE	TOSTADAS	CHICKEN PARMESAN	FISH SAMMY	ENGLISH MUFFIN PIZZA
MILK	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
FRUIT/VEGETABLE		PINEAPPLE	BANANA	APPLESLICES	WATERMELON
VEGETABLE		CORN	GREENBEANS	DICED CARROTS	CUCUMBERS SLICES
GRAIN		TOSTADAS	WG BREADSTICKS	WG BREAD	WG ENGLISH MUFFIN
MEAT/MEAT ALTERNATIVE	CHEF'S CHOICE	TURKEY CRUMBLE	CHICKEN	FISH	ENGLISH MUFFIN PIZZA
EXTRA					
VEGETARIAN OPTION	SUNBUTTER & JELLY SANDWHICH	TOFU CUBES	VEGGIE PATTY	VEGGIE MUFFIN	ENGLISH MUFFIN PIZZA
SNACK:					
MILK	WATER	WATER	WATER	WATER	WATER
FRUIT				BANANA	APPLESLICES
VEGETABLE		CUCUMBER SLICES			
GRAIN	CHEF'S CHOICE	WG PITA BREAD	WG PRETZELS	WG GOLDFISH	WG VEGGIE STRAWS
PROTEIN/EXTRA		HUMMUS	STRING CHEESE		



MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST:					
MILK	V&B CLOSED (LABOR DAY)	MILK	MILK	MILK	MILK
FRUIT/VEGETABLE		PINEAPPLE	APPLESLICES	PEACHES	ORANGES
GRAIN/MEAT		WG CEREAL BAR	WG CROISSANT	YOGURT W/GRANOLA	WG CEREAL
EXTRA					
LUNCH:					
		CHEESEBURGER	TURKEY PITA	MAC & CHEESE	CORN DOGS
MILK		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
FRUIT/VEGETABLE		MANDARIN ORANGES	PEARS	BANANA	FRUIT COCKTAIL
VEGETABLE		CORN	MIXED VEGGIES	PEAS	FRIES
GRAIN		WG BUN	WG PITA	WG NOODLES	
MEAT/MEAT ALTERNATIVE		TURKEY BURGER	SLICED TURKEY	MAC & CHEESE	CORN DOGS
EXTRA					
VEGETARIAN OPTION		VIGGIE PATTY	CHEESE QUESDILLA	MAC & CHEESE	VEGGIE NUGGET
SNACK:					
MILK		WATER	WATER	WATER	WATER
FRUIT			RAISINS	APPLESAUCE	BANANA
VEGETABLE		SALSA	CELERY		
GRAIN		WG TORTILLA CHIPS		WG VEGGIE CRACKERS	SNACKN' WAFFLE
PROTEIN/EXTRA			SUNBUTTER		



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BREAKFAST:					
MILK	MILK	MILK	MILK	MILK	MILK
FRUIT/VEGETABLE	APPLESLICES	MANDARIN ORANGES	BANANA	PEACHES	
GRAIN/MEAT	WG WAFFLES	WG CINNAMON RAISIN BREAD	WG CEREAL	WG OATMEAL	CHEF'S CHOICE
EXTRA					
LUNCH:					
	CHICKEN SANDO	FIESTA BOWL	SPAGHETTI	FISH NUGGETS	CHEF'S CHOICE
MILK	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
FRUIT/VEGETABLE	ORANGES	PINEAPPLE	BLUEBERRIES	MANGO	
VEGETABLE	SWEET POTATO BITES	CORN	GREEN BEANS	MIXED VEGGIES	
GRAIN	WG BUN	WG RICE		WG NOODLES	
MEAT/MEAT ALTERNATIVE	CHICKEN PATTY	PINTO BEANS	SPAGHETTI	FISH	CHEF'S CHOICE
EXTRA					
VEGETARIAN OPTION	VEGGIE PATTY	FIESTA BOWL	SPAGHETTI	VEGGIE NUGGETS	SUNBUTTER & JELLY SANDWICH
SNACK:					
MILK	WATER	WATER	WATER	WATER	WATER
FRUIT			APPLESLICES	BANANA	
VEGETABLE		BABY CARROTS			
GRAIN	WG CHEX MIX	WG SAVORY CRACKERS	WG RICE CAKES	WG ANIMAL CRAKERS	CHEF'S CHOICE
PROTEIN/EXTRA		RANCH	SUNBUTTER		

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast:					
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	Pears	Banana	AppleSlices	Mixed Berries	Oranges
Grain/Meat	WG Loaf	WG Cereal	WG Muffin	WF French Toast	WG Cereal Bar
	Pizza	Breakfast for Lunch	Hawaiian Meatballs	Chicken Drumsticks	Cheese Pierogies
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
Fruit/Vegetable	Fruit Cocktail	Peaches	Pineapple	Banana	Cantalope
Vegetable	Green Beans	Sweet Potato Bites	Broccoli	Corn	Dices Carrots
BEQNS		WG Waffles	WG Rice		
Meat/Meat Alternative	Pizza	Turkey Sausage	Turkey Meatballs	Chicken Nuggets	Cheese Pierogies
Extra					
Vegetarian Option	Pizza	Veggie Breakfast Patty	Tofu Cubes	Veggie Nuggets	Pierogies
Snack:					
Milk	Water	Water	Water	Water	Water
Fruit	Fruit Cup		Banana		
Vegetable					
Grain	WG Cheezit	WG Graham Crackers	WG Pretzels	WG Torilla Chips	WG Veggie Crackers
Protein/Extra				Nacho Cheese	



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BREAKFAST:					
MILK	MILK	MILK	MILK	MILK	MILK
FRUIT/VEGETABLE		PEARS	FRUIT COCKTAIL	BLUEBERRIES	MANDARIN ORANGES
GRAIN/MEAT	CHEF'S CHOICE	WG PANCAKES	WG CEREAL	YOGURT	WG MUFFIN
				GRANOLA	
LUNCH:					
	CHEF'S CHOICE	FISH TACOS	MEATBALLS SUBS	PASTA W/CHICKEN	CHEESE PIZZA
MILK	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)
FRUIT/VEGETABLE		MANGO	APPLESLICES	BANANA	PEACHES
VEGETABLE		CORN	MIXED VEGGIES	BROCCOLI	GREEN BEANS
GRAIN	CHEF'S CHOICE	WG TORTILLA	WG BUN	WG PASTA	
MEAT/MEAT ALTERNATIVE		FISH	FISH STICKS	TURKEY MEATBALL	CHEESE PIZZA
EXTRA					
VEGETARIAN OPTION	SUNBUTTER & JELLY SANDWHICH	CHEESE QUESADILLA	VEGGIE MEATBALL	PASTA W/ SAUCE	CHEESE PIZZA
SNACK:					
MILK	WATER	WATER	WATER	WATER	WATER
FRUIT				FRUIT CUP	APPLESLICES
VEGETABLE					
GRAIN	CHEF'S CHOICE	WG SWEET POTATO	WG PRETZELS	WG SAVORY CRAKERS	WG RICE CAKES
PROTEIN/EXTRA		STRING CHEESE	HUMMUS		SUNBUTTER