

Menu	29-Nov	30-Nov	1-Dec	2-Dec	3-Dec
Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Juice or Fruit. Bread and/or Cereal Milk, fluid (three food groups)	Whole Grain Pancakes Blueberries Milk/Soy	Hard Boiled Egg Whole Wheat Bread Tropical Fruit Milk/Soy	Cheese Grits Mixed Fruit Milk/Soy	Bagel w/ Cream Cheese Mandarin Oranges Milk/Soy	Waffle Sticks Peaches Milk/Soy
Lunch - Meat and/or alternate. Vegetables and/or fruits. Bread. Butter/Margarine. Milk, fluid whole. Other foods (four food groups)	Chicken Fried Rice Broccoli Carrots Milk/Soy	Macaroni & Cheese Corn & Peas Milk/Soy	Black Bean Burger on a Bun Potato Wedges Bananas Milk/Soy	Broiled Fish Whole Wheat Bread Green Beans Cantaloup Milk/Soy	Pasta w/ Ham & Parmesan Cheese Tossed in Olive Oil Pineapple Peas Milk/Soy
Snack - Milk, juice, fruit, vegetable, bread or cereal (two food groups)	Veggie Booty Pears	Animal Crackers Apple	Yogurt Cherrios	Pears Graham Crackers	Wheat Crackers String Cheese

