

Menu	8-Mar	9-Mar	10-Mar	11-Mar	12-Mar
Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast - Juice or Fruit. Bread and/or Cereal Milk, fluid (three food groups)</b>	Pancakes Applesauce Milk/Soy	Turkey Sausage Whole Wheat Bread Pitted Black Cherries Milk/Soy	Grits w/ Cheese Mixed Fruit Milk/Soy	Bagel w/ Cream Cheese Mandarin Oranges Milk/Soy	Waffle Sticks Pears
<b>Lunch - Meat and/or alternate. Vegetables and/or fruits. Bread. Butter/Margarine. Milk, fluid whole. Other foods (four food groups)</b>	Fettuccini Alfredo w/ Chicken Corn & Lima Beans Milk/Soy	Dominos Cheese Pizza Garden Salad (Mixed Veggies for younger) Cantaloupe Milk/Soy	Beef Stroganoff w/ Peas, Carrots & Onion Tropical Fruit Milk/Soy	Fish, Potato & Corn Chowder Whole Wheat Bread Peaches Milk/Soy	Hamburger on a Bun Potato Patty Apricots Milk/Soy
<b>Snack - Milk, juice, fruit, vegetable, bread or cereal (two food groups)</b>	Goldfish Crackers Pears	Graham Crackers Apples	Nutri Bars Yogurt	Town House Crackers Pears	String Cheese Whole Wheat Crackers

