

Menu Week 2	10-Oct	11-Oct	12-Oct	13-Oct	14-Oct
Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Juice or Fruit. Bread and/or Cereal Milk, fluid (three food groups)	Whole Grain Pancakes Peaches 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 Pears 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	Dominos Cheese Pizza Peas Peaches Milk/Soy	Broiled Fish Whole Wheat Bread Green Beans Fresh Pineapple Milk/Soy	Pasta w/ Meat (turkey) Sauce Mixed Veggies Banana 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 Apple	Raw Veggies (Carrots, Cucumbers, Peppers) Tofu Dip	Yogurt Cherrios	Apple Cinnamon Rice Cakes Apple	Wheat Crackers String Cheese

