

Menu <b>Week 1</b>	<b>3-Oct</b>	<b>4-Oct</b>	<b>5-Oct</b>	<b>6-Oct</b>	<b>7-Oct</b>
<b>Meal Patterns</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast - Juice or Fruit. Bread and/or Cereal Milk, fluid (three food groups)</b>	Whole Grain Pancakes Peaches Milk/Soy	Cinnamon Raison Bread Tropical Fruit Milk/Soy	Turkey Sausage Whole Wheat Bread Pineapple Milk/Soy	Bagel w/ Cream Cheese Mandarin Oranges Milk/Soy	Plain or Honey Nut Cherrios Mixed Fruit Milk/Soy
<b>Lunch - Meat and/or alternate. Vegetables and/or fruits. Bread. Butter/Margarine. Milk, fluid whole. Other foods (four food groups)</b>	Chicken Fajita on Wheat Pita Bread Mixed Veggies (Cauliflour, Broccoli, & Carrots Applesauce Milk/Soy	Dirty Rice with Ground Turkey Green Beans Cantaloupe Milk/Soy	Chili w/ Beans & Corn Whole Wheat Bread Watermelon Milk/Soy	Steamed Fish Whole Wheat Bread Broccoli carrots Milk/Soy	Stir Fry Tofu w/ Scallions & Ginger Sauce Peas & corn Rice Milk/Soy
<b>Snack - Milk, juice, fruit, vegetable, bread or cereal (two food groups)</b>	Goldfish Crackers Pears	Vegetables and Hummus	Graham Crackers Pears	Wheat Pita Bread Hummus	Wheat Crackers String Cheese

