

Menu	15-Mar	16-Mar	17-Mar	18-Mar	19-Mar
Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Juice or Fruit. Bread and/or Cereal Milk, fluid (three food groups)	Turkey Sausage Whole Wheat Bread Applesauce Milk/Soy	Boiled Eggs Whole Wheat Bread Pitted Black Cherries Milk/Soy	Grits w/ Cheese Apricots Milk/Soy	Bagel w/ Cream Cheese Mandarin Oranges Milk/Soy	Waffle Sticks Pears
Lunch - Meat and/or alternate. Vegetables and/or fruits. Bread. Butter/Margarine. Milk, fluid whole. Other foods (four food groups)	Cheese Ravioli w/ Tomato Sauce Green Beans Peaches Milk/Soy	Chicken Salad Whole Wheat Bread Garden Salad (Twice baked Potatoes for younger kids) Mixed Fruit Milk/Soy	Tropical Fruit Baked Fish Brown Rice Broccoli Milk/Soy	Potato & Cheddar Soup Whole Wheat Roll Pineapple Milk/Soy	Rice & Beans Corn Tortilla Green Peas & Carrots Milk/Soy
Snack - Milk, juice, fruit, vegetable, bread or cereal (two food groups)	Bread Stick Pears	Graham Crackers Apples	Nutri Bars Yogurt	Town House Crackers Pears	String Cheese Whole Wheat Crackers

