



Snack / Meal Menu

March - April 2021

MEAL SERVED	PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	All components served					
	* Milk-1% (2-12 yrs), Whole (1 yr olds) fluid	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)
	*Fruit	Canned Pears in Pear Juice	Canned Pineapple in Own Juice	Canned Mandarin Oranges in Light Syrup	100% Apple juice	Canned Unsweetened Applesauce
	*Vegetable					
	* Whole Wheat Bread or Alt. (including cereal)	Waffles WG	Whole Wheat English Muffins WG	Dutch Waffles WG	Kix Cereal WG	French Toast WG
	* Other Foods		Sausage		Frozen Gogurt	
AM SNACK	2 out of 5 components served	Water	Water	Water	Water	Water
	* Milk-1% (2-12 yrs), Whole (1 yr olds) fluid					
	*Fruit	Fresh Bananas		Fresh Apple Slices		Canned Pineapple in Own Juice
	*Vegetable				Olives and Pickles	
	* Whole Wheat Bread or Alt.		Goldfish Pretzels WG	Multigrain Club Crackers	Thin Wheats	Cheese Crackers
* Meat or Alt.	Low Sugar Vanilla Yogurt		String Cheese			



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MEAL SERVED	PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
LUNCH	All components served						
	* Milk-1% (2-12 yrs), Whole (1 yr olds) fluid	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)	Milk-1% (2-12 yrs), Whole (1 yr olds)	
		HAM AND CHEESE PIZZA	TATER TOT CASSEROLE	CHICKEN ALFREDO	TURKEY & CHEESE SANDWICH	CORN DOG	
	* Meat or Alt.	Sliced Ham Shredded Cheese	Cooked Ground Hamburger Shredded Cheese	Cooked Chicken Shredded Cheese	Sliced Turkey Cheese Slices	100% Beef Hot Dogs	
	* Vegetables	Frozen Peas and Carrots	Frozen Tater Tots Canned Green Beans	Frozen Corn	Fresh Carrots *Frozen Peas and Carrots	Fresh Salad * Frozen California Blend	
	*Fruit	Fresh Apple Slices	Canned Pears in Pear Juice	Canned Unsweetened Applesauce	Fresh Oranges *Canned Mandarin Oranges in light syrup	Canned Unsweetened Applesauce	
	* Whole Wheat Bread or Alt.	Whole Wheat English Muffins WG	Whole Wheat Bread WG	Whole Wheat Rotini Pasta WG	Whole Wheat Bread WG	Breading from Corn Dog WG	
	* Other Foods	Tomato Blend Pasta Sauce	Canned Cream Mushroom Soup Sour Cream	Alfredo Sauce			
	VEGETARIAN LUNCH						
		(Grain, Fruits & Vegetables remain the same)	Cheese and Black Bean Pizza	Cheesy Tater Tots Cottage Cheese	Cheesy Alfredo Noodles Yogurt	Hard Boiled Egg Cheese Sandwich	Sliced Cheese Sandwich on Whole Wheat Bread
PM SNACK	2 out of 5 components served	Water		Water	Water	Water	
	* Milk-1% (2-12 yrs), Whole (1 yr olds) fluid		Milk-1% (2-12 yrs), Whole (1 yr olds)				
	*Fruit			Fresh Grapes	Tropical Fruit Blend	Raisins	
	*Vegetable	Carrots and Olives				Celery *Frozen Peas and Carrots	
	* Whole Wheat Bread or Alt.	Whole Corn Tortilla Chips *WG	Bagels with Cream Cheese	Pretzels, Cheese Crackers, and Chocolate Chips	Whole Wheat Bread w/Butter WG	Saltines	
* Meat or Alt.					Cream Cheese		