

July 26-30, 2010

Meal Pattern  
Snack - AM

Monday

Tuesday

Wednesday

Thursday

Friday

Milk

Fruit/Vegetable Juice

Bread/Cereal/Rice

Optional (not required)

Milk

Fruit/Vegetable Juice

Blueberry Muffin

Optional (not required)

Apple Juice

Mini Bagels/Slice Cheese

Milk

Hash Browns

Milk

French Toast

Milk

Strawberry Nutri-Grain Bars

Lunch

Milk

Italian Cut Green Beans

Mashed Potatoes

Slice Wheat Bread

Meat/Meal Alternative

Optional (not required)

Milk

Green Peas

Au Gratin Potatoes

Slice Wheat Bread

Meat/Meal Alternative

Optional (not required)

Milk

Pineapple Tarts

Sliced Carrots

Rice Puff

Meat/Meal Alternative

Optional (not required)

Milk

Diced Peas

Whole Kernel Corn

Beef Ravioli

Meat/Meal Alternative

Optional (not required)

Milk

Diced Peaches

Breaded Vegetable Sticks

Slice Wheat Bread

Meat/Meal Alternative

Optional (not required)

Snack - PM

Choose Two of these four - Fluid: Milk or yogurt, Meat or alternative, vegetable, fruit or 100% juice, bread, cereal or equivalent

Milk

Fruit/Vegetable Juice

Bread/Cereal/Rice

Optional (not required)

Milk

Clear Fruit Punch

Wheat Crackers

Slice Cheese

Grape Juice

Chicken Burritos

Ketchup/Mustard

Fruit Punch

Pizza Baked

Whip Topping

Fresh BANANAS

Vanilla Wafers

Whip Topping

Graham Crackers