

February 6-10, 2012

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Snack - AM					
Milk	Milk	Milk			Milk
Fruit/Vegetable Juice			Apple Juice	Orange Juice	
Bread/Cereal/Rice	Blueberry Pancake Wrap	Apple Cinnamon Nutri Grain Bars	Waffles	Wheat Bread	Strawberry Nutri Grain Bars
Optional (not required)			Syrup	Slice Cheese	
Lunch					
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable Juice	Jalisco Cranberry Sauce	Apple Sauce	Diced Peaches	Diced Peaches	Pineapple Tidbits
Fruit/Vegetable Juice	Italian Cut Green Beans	Red Skin Mash Potatoes	Tater Tots	Whole Kernel Corn	Vegetable Soup
Bread/Pasta/Rice	Cornbread Dressing	Cornbread	Mini Bun		Slice Wheat Bread
Meat/Meat Alternate	Shredded White Chicken	Pinto Beans / Baked Cheese	Mini Chicken Fillets	Beef Ravioli	Slice Turkey / Cheese
Optional (not required)	Cream of Chicken Soup		Hot sauce, mustard, Dill Pickle Slices	Shredded Cheese	Mustard, Dill Pickles
Snack - PM	Choose Two of these four - Fluid: Milk or yogurt, Meat or alternative, vegetable, fruit or 100% juice, bread, cereal or equivalent				
Milk	Low Fat Chocolate Milk				Milk
Fruit/Vegetable Juice		Cranberry Juice	Clear Strawberry Juice	Fresh BANANAS	O.S. Chocolate
Bread/Cereal/Rice	Graham Crackers	Beef Dippers Wonder. Bites / Teriyaki Sauce	Wheat Crackers	Vanilla Wafers	Chip Cookies
Optional (not required)			Slice Cheese	Whip Topping	