

March 15-19, 2010

Meal Pattern
Snack - AM

Monday

Tuesday

Wednesday

Thursday

Friday

Milk

Milk

Milk

Apple Juice

Milk

Milk

Fruit/Vegetable Juice

Cheerios

Waffles

Apple Juice
Hash Browns

Blueberry-Nutri
Grain Bars

Mini Maple
Banana Chips

Optional (not required)

Syrup

Ketchup

Lunch

Milk

Milk

Milk

Milk

Milk

Fruit/Vegetable Juice

Fruit Cocktail

Slice Apples

Str. Beans

Applesauce

Pineapple Tidbits
Broccoli Cheese
Sauce

Fruit/Vegetable Juice

Green Beans

Sautéed Potatoes

Baked Beans

Vegetable Soup

Smiley Faces
Breaded Chicken
Tenders

Bread/Pasta/Rice

Macaroni

Slice Wheat Bread

Hot Dog Bun

Crackers

Smiley Faces
Breaded Chicken
Tenders

Meat/Meal Alternative

Meatloaf

Shredded Chicken
White Cream of Chicken
Soup

Beef Hot Dogs
Mustard/
Pickle Relish

Slice Ham/Cheese

Honey Mustard
Dressing

Optional (not required)

Gravy/Cheese Sauce

Snack - PM

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

Milk

Strawberry
Rivis Juice

Clear
Fruit Punch

Milk

Diced Peaches

Fruit/Vegetable Juice

Soft Chewy
Chocolate Chip Cookies

Ritz Crackers

Mini Bagels
Strawberry Cream
Cheese Cups

Scoby Doo
Graham Sticks

Angel
Fond Cake

Bread/Cereal/Rice

String Cheese

String Cheese

String Cheese

String Cheese

Whip Toppings

Optional (not required)