



# Sample Menus



## Week 1

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Grapes <b>WG toast</b> Milk	Diced peaches Scrambled eggs Milk	Kiwi <b>WG Life Cereal</b> Milk	Berries Yogurt Milk	Applesauce Pancakes Milk
<b>Lunch or Supper</b> Meat/Meat Alternate Vegetable Fruit Grains Milk	Oven-Baked Parmesan Chicken Roasted Brussels sprouts Strawberries <b>WG roll</b> Milk	Bean Burrito Asparagus Orange wedges Milk	Sweet and sour chicken Steamed green beans Red peppers Cooked rice Milk	HM Macaroni and cheese Peas and carrots Tomatoes Milk	Ham & cheese in <b>WG pita pocket</b> Green salad Sweet potato fries Milk
<b>Snack</b> <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	HM guacamole Salsa Tortilla chips Milk	Fresh carrot sticks <b>WG crackers</b> Water	Toasted mini bagel with cheddar cheese Water	<b>WG fish crackers</b> Pea pods Water	Apricot halves Milk

- \* 1% or skim, unflavored milk is served to children ages 2 and older
- \* Whole, unflavored milk is served to 1 year olds
- \* WG = Whole Grain; Bold = WG item; HM = Homemade

## Week 2

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Banana <b>WG Cheerios</b> Milk	Avocado Baked scrambled eggs Milk	Mixed fruit Biscuit Ham slice Milk	Strawberries <b>Oatmeal</b> Milk	Fresh apple slices Yogurt Milk
<b>Lunch or Supper</b> Meat/Meat Alternate Vegetable Fruit Grains Milk	HM cheese pizza Cucumbers Apple slices Milk	Turkey breast sandwich on <b>WG bread</b> Steamed broccoli Watermelon Milk	Oven baked chicken <b>Brown rice</b> Cauliflower Zucchini Milk	Meatloaf Roasted beets Kiwi Corn bread Milk	Baked fish <b>Quinoa</b> Tomatoes Pineapple Milk
<b>Snack</b> <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Zucchini bread Milk	English muffin with peanut butter Milk	Jicama and carrot sticks Milk	Yogurt Sliced fresh strawberries Water	<b>WG crackers</b> Cottage cheese Water

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## Week 3

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Banana <b>Oatmeal pancakes</b> Milk	Sweet potato hash <b>WG English muffin</b> Milk	Applesauce Hardboiled egg Milk	Avocado <b>Brown rice</b> and egg bowl Milk	Starfruit <b>WG Mini Wheats</b> Milk
<b>Lunch or Supper</b> Meat/Meat Alternate Vegetable Fruit Grains Milk	HM fish sticks Roasted eggplant Blackberries Buttered noodles Milk	HM cheese pizza on <b>WG crust</b> Honeydew melon Zucchini wedges Milk	White bean and chicken chili Carrot coins Raspberries <b>WG dinner roll</b> Milk	Beef tips Broccoli trees Plums <b>WG noodles</b> Milk	Sloppy Joes Peaches Toasted potato wedges <b>WG bun</b> Milk
<b>Snack</b> <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Kabobs (apple slices, cheese) Water	Avocado Bagel Water	Yogurt Dip Celery and green pepper sticks Water	Peanut butter Banana <b>WG toast</b> Water	Cheese slices Strawberries

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## Week 4

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Apricot Scrambled Eggs Milk	Blueberries <b>WG Waffles</b> Milk	Diced pears <b>Great Grains</b> <b>Banana Nut</b> <b>Cereal</b> Milk	Hash browns Egg bake Milk	Peach slices <b>WG apple</b> <b>cinnamon muffin</b> Milk
<b>Lunch or Supper</b> Meat/Meat Alternate Vegetable Fruit Grains Milk	Meat balls w/ tomato sauce Peas Mixed fruit <b>WG spaghetti</b> <b>noodles</b> Milk	Chicken teriyaki <b>Brown rice</b> bowl Broccoli Pitted cherries Milk	Beef roast Cucumber slices Peaches and pears Breadstick Milk	Roasted chickpeas in a <b>WG Pita Pocket</b> Romaine salad Blueberries Milk	Shredded chicken sandwich <b>WG bun</b> Red cabbage slaw Mandarin oranges Milk
<b>Snack</b> <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Salsamole (salsa with avocado) on <b>WG pita bread</b>	Hardboiled egg Savory crackers	Cheese stick Roasted zucchini	Pineapple Snap peas	Turkey pinwheels on <b>WG tortilla</b>

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# Sample Menus



## Week 5

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Peaches Turkey bacon and egg frittata Milk	Grapes Honey Bunches of Oats Cinnamon Milk	Blueberry <b>Oatmeal</b> Milk	Cantaloupe Biscuits Milk	Mixed berries Yogurt Milk
<b>Lunch or Supper</b> Meat/Meat Alternate Vegetable Fruit Grains Milk	Tofu scramble with potatoes, mushrooms, and peppers Watermelon <b>WG crackers</b> Milk	Beef taco skillet Jicama sticks Nectarine <b>WG tortilla</b> Milk	Pork loin Peas Banana <b>WG bread stick</b> Milk	Chicken skewer Purple carrots Pomegranate <b>WG Noodles</b> Milk	Baked Pollock Asparagus Mango <b>WG dinner roll</b> Milk
<b>Snack</b> <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Soft pretzel Snap peas	Yogurt with Strawberries	Oat muffin Cheese cubes	Fresh broccoli <b>WG fish crackers</b>	Hummus Fresh cauliflower

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## Week 6

Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Grains, OR Meat/Meat Alternate (no more than 3 times per week) Fruit or Vegetable Milk	Bananas <b>WG waffles</b> Milk	Roasted sweet potato Buttermilk biscuit egg sandwich Milk	Peaches Yogurt Milk	Raspberries <b>Frosted mini wheat cereal</b> Milk	Watermelon Bagels Milk
<b>Lunch or Supper</b> Meat/Meat Alternate Vegetable Fruit Grains Milk	Turkey and ham sandwiches ( <b>WG bread</b> ) Red potatoes Pineapple Milk	Chicken lasagna roll up ( <b>WG lasagna noodle</b> ) Salad Clementine Milk	Ground beef chili Roasted cauliflower Peas Cornbread Milk	Shredded pork Spaghetti Squash Kiwi Garlic bread stick Milk	Grilled Cheese and tomato sandwich ( <b>WG Bread</b> ) Brussels Sprouts Blackberries Milk
<b>Snack</b> <i>Select two of the following:</i> Meat/Meat Alternate Vegetable Fruit Grains Milk	Rice cakes Fruit salsa	String cheese Grapes	<b>WG English muffin</b> Fresh green beans	Black bean hummus <b>WG pita bread</b>	<b>WG bran muffin</b> Carrot sticks

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