



STANDARD MENU
FISH FREE MENU



CENTER NAME : _____

		MONDAY		1	TUESDAY		2	WEDNESDAY		3	THURSDAY		4	FRIDAY		
Breakfast	Grains / Meat				Pancakes			WG English Muffin w/ Jelly			Cereal, Cheerio			Yogurt , Flavored		
	Veg/ Fruit				Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew		
	Milk				Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk		
Lunch & Supper	Meat / Alt				Beef Taco (Ground Beef)						Hot Turkey Sliders			Turkey Pepperoni Flatbread Pizza		
	Grain				WG Tortilla			WG Tortilla			WG Rolls			WG Flatbread		
	Veg				Sweet Corn			Garden Salad			Green Beans			Broccoli		
	Fruit				Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches		
	Milk				1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk		
	Grain				Cheese Sandwich Crackers			Goldfish Graham Crackers			Original Animal Cracker			WG Cracker, Churro		
Snack	Fruit				100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch		
		7	MONDAY		8	TUESDAY		9	WEDNESDAY		10	THURSDAY		11	FRIDAY	
Breakfast	Grains / Meat	WG Muffin, Banana			Waffles			WG Bagel w/ Cream Cheese			Cereal, Corn Flakes			Yogurt , Flavored		
	Veg/ Fruit	Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew		
	Milk	Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk		
Lunch & Supper	Meat / Alt	CLOSED : LABOR DAY						Cheesesteak Slider Rolls			Teryaki Chicken			Cheese Pizza		
	Grain			WG Hamburger Bun			WG Rolls			Brown Rice			WG Flatbread			
	Veg			Tater Tots			Mixed Vegetable			Green Beans			Broccoli			
	Fruit			Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches			
	Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			
Snack	Grain	String Cheese & Crackers			Goldfish Cheese Crackers			Sweet Potato Crackers			Chex Mix			WG Cracker, Vanilla		
	Fruit	100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch		
		14	MONDAY		15	TUESDAY		16	WEDNESDAY		17	THURSDAY		18	FRIDAY	
Breakfast	Grains / Meat	WG Muffin, Cinnamon Apple			Pancakes			WG English Muffin w/ Jelly			Cereal, Honey Bunches			Yogurt , Flavored		
	Veg/ Fruit	Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew		
	Milk	Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk		
Lunch & Supper	Meat / Alt	Spaghetti w/ Beef Marinara			Beef Taco (Ground Beef)			Turkey & Cheese Wrap			Chicken Casserole			Turkey Pepperoni Flatbread Pizza		
	Grain	WG Pasta			WG Tortilla			WG Tortilla			Brown Rice			WG Flatbread		
	Veg	Vegetable Medley			Sweet Corn			Garden Salad			Green Beans			Broccoli		
	Fruit	Pears			Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches		
	Milk	1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk		
	Grain	Soft Pretzel w/ Mustard			Cheese Sandwich Crackers			Goldfish Graham Crackers			Original Animal Cracker			WG Cracker, Churro		
Snack	Fruit	100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch		
		21	MONDAY		22	TUESDAY		23	WEDNESDAY		24	THURSDAY		25	FRIDAY	
Breakfast	Grains / Meat	WG Muffin, Blueberry			Cinnamon French Toast Sticks			WG Bagel w/ Cream Cheese			Cereal, Rice Crispies			Yogurt , Flavored		
	Veg/ Fruit	Fresh Fruit, Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe			Fresh Fruit, Banana			Fresh Fruit, Honeydew		
	Milk	Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk		
Lunch & Supper	Meat / Alt	Mac & Cheese			Beef Burger w/ Cheese Option			Ranch Chicken Snack Wrap			BBQ Chicken Drumsticks			Cheese Pizza		
	Grain	WG Pasta			WG Hamburger Bun			WG Tortilla			WG Buttttered Noodles			WG Flatbread		
	Veg	Vegetable Medley			Tater Tots			Garden Salad			Green Beans			Broccoli		
	Fruit	Pears			Mandarin Oranges			Tropical Fruit Cocktail			Pineapple			Peaches		
	Milk	1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk			1% or Whole Milk		
Snack	Grain	String Cheese & Crackers			Goldfish Cheese Crackers			Sweet Potato Crackers			Chex Mix			WG Cracker, Vanilla		
	Fruit	100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch			100% Fruit Punch		
		28	MONDAY		29	TUESDAY		30	WEDNESDAY		31	THURSDAY		30	FRIDAY	
Breakfast	Grains / Meat	WG Muffin, Corn			Pancakes			WG English Muffin w/ Jelly								
	Veg/ Fruit	Fresh Fruit , Oranges			Fresh Fruit , Apple Slices			Fresh Fruit, Canteloupe								
	Milk	Whole Milk or 1 % Milk			Whole Milk or 1 % Milk			Whole Milk or 1 % Milk								
Lunch & Supper	Meat / Alt	Spaghetti w/ Beef Marinara			Beef Taco (Ground Beef)			Tuna Salad								
	Grain	WG Pasta			WG Tortilla			WG Tortilla								
	Veg	Vegetable Medley			Sweet Corn			Garden Salad								
	Fruit	Pears			Mandarin Oranges			Tropical Fruit Cocktail								
	Milk	1% or Whole Milk			1% or Whole Milk			1% or Whole Milk								
	Grain	Soft Pretzel w/ Mustard			Cheese Sandwich Crackers			Goldfish Graham Crackers								
Snack	Fruit	100% Fruit Punch			100% Fruit Punch			100% Fruit Punch								

Ranch
WG
Taco