



STANDARD MENU

FISH FREE MENU

CENTER NAME : _____

		MONDAY		TUESDAY		WEDNESDAY		1	THURSDAY		2	FRIDAY	
4	Breakfast	Grains / Meat							Cereal, Cheerio			Yogurt , Flavored	
		Veg/ Fruit							Fresh Fruit, Banana			Fresh Fruit, Honeydew	
		Milk							Whole Milk or 1 % Milk			Whole Milk or 1 % Milk	
	Lunch & Supper	Meat / Alt							BBQ Chicken Sliders			Turkey Pepperoni Flatbread Pizza	
		Grain							WG Rolls			WG Flatbread	
		Veg							Green Beans			Broccoli	
		Fruit							Pineapple			Peaches	
		Milk							1% or Whole Milk			1% or Whole Milk	
	Snack	Grain							Original Animal Cracker			WG Cracker, Churro	
		Fruit							100% Fruit Punch			100% Fruit Punch	
		5	MONDAY	6	TUESDAY	7	WEDNESDAY	8	THURSDAY	9	FRIDAY		
1	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	Sweedish Meatball		Chicken Patty w/ Cheese Option		TurkeyHam & Cheese Wrap		Teryaki Chicken			Cheese Pizza	
		Grain	WG Egg Noodles		WG Hamburger Bun		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	
	Snack	Grain	String Cheese & Crackers		Goldfish Cheese Crackers		Strawberry Graham Crackers		Chex Mix			WG Cracker, Vanilla	
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch			100% Fruit Punch	
		12	MONDAY	13	TUESDAY	14	WEDNESDAY	15	THURSDAY	16	FRIDAY		
2	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		Cheesesteak Slider			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	
	Snack	Grain	Soft Pretzel w/ Mustard		Granola Crackers		Goldfish Graham Crackers		Original Animal Cracker			WG Cracker, Churro	
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch			100% Fruit Punch	
		19	MONDAY	20	TUESDAY	21	WEDNESDAY	22	THURSDAY	23	FRIDAY		
3	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		Chicken Drumsticks			Cheese Pizza	
		Grain	WG Pasta		WG Hamburger Bun		WG Tortilla		WG Butttered 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		Strawberry Graham Crackers		Chex Mix			WG Cracker, Vanilla	
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch			100% Fruit Punch	
		26	MONDAY	27	TUESDAY	28	WEDNESDAY	29	THURSDAY	30	FRIDAY		
4	Breakfast	Grains / Meat	WG Muffin, Corn		Pancakes		WG English Muffin w/ Jelly		Cereal, Cheerio			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)		Tuna Salad		BBQ Chicken Sliders			Turkey Pepperoni Flatbread Pizza	
		Grain	WG Pasta		WG Tortilla		WG Tortilla		WG Rolls			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	
	Snack	Grain	Soft Pretzel w/ Mustard		Granola Crackers		Goldfish Graham Crackers		Original Animal Cracker			WG Cracker, Churro	
		Fruit	100% Fruit Punch		100% Fruit Punch		100% Fruit Punch		100% Fruit Punch			100% Fruit Punch	