



| Meal             |                                                                  | Monday                                                        | Tuesday                                         | Wednesday                                  | Thursday                                                        | Friday                                             |
|------------------|------------------------------------------------------------------|---------------------------------------------------------------|-------------------------------------------------|--------------------------------------------|-----------------------------------------------------------------|----------------------------------------------------|
| <b>Breakfast</b> | <i>1 oz grain<br/>1/2 c fruit and 1<br/>cup of milk</i>          | Sunrise Maple Bites<br>Fruit Cup                              | Sausage Biscuit<br>100% Juice                   | Whole Wheat Goody<br>Ring<br>Fruit Cup     | Apple Flip<br>Applesauce                                        | Sweet Potato Swirl<br>100% Juice                   |
| <b>Lunch</b>     | <i>Meat/MA 2 oz<br/>Grain 2 oz<br/>Veg 1/2 c<br/>Fruit 1/2 c</i> | Crispy Chicken Tenders<br>WG Roll<br>Sweet Corn<br>100% juice | Rib Patty Sandwich<br>Green Beans<br>Applesauce | Hamburger<br>Buttery Carrots<br>Applesauce | Chicken Fried Steak<br>with a roll<br>Baked Beans<br>100% Juice | Buffalo Bites<br>WG Roll<br>Broccoli<br>Applesauce |

| Meal             |                                                                  | Monday                                   | Tuesday                                       | Wednesday                                          | Thursday                                             | Friday                                                 |
|------------------|------------------------------------------------------------------|------------------------------------------|-----------------------------------------------|----------------------------------------------------|------------------------------------------------------|--------------------------------------------------------|
| <b>Breakfast</b> | <i>1 oz grain<br/>1/2 c fruit and 1<br/>cup of milk</i>          | Twin Dunkin Sticks<br>100% Juice         | Sweet Potato Swirl<br>Applesauce              | Apple Flip<br>100% Juice                           | Cinnamon Roll<br>Fruit Cup                           | Sausage Biscuit<br>100% juice                          |
| <b>Lunch</b>     | <i>Meat/MA 2 oz<br/>Grain 2 oz<br/>Veg 1/2 c<br/>Fruit 1 /4c</i> | Meatball Sub<br>Baked Beans<br>Fruit Cup | Mini Corn Dog Bites<br>Broccoli<br>100% juice | Salisbury Steak<br>WG Bun<br>Carrots<br>Applesauce | Mini Pepperoni<br>Calzones<br>Marinara<br>100% Juice | Chicken Nuggets<br>WG Roll<br>Sweet Corn<br>Applesauce |

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|------------------|------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------|-------------------------------------------------------------------|--------------------------------------------------|---------------------------------------|
| <b>Breakfast</b> | <i>1 oz grain<br/>1/2 c fruit and 1<br/>cup of milk</i>          | Sausage Biscuit<br>Applesauce                  | Cinnamon Roll<br>Fruit Cup                    | Whole Wheat Goody<br>Ring<br>Applesauce                           | Twin Dunkin Sticks<br>Applesauce                 | Sunrise Maple Bites<br>100% juice     |
| <b>Lunch</b>     | <i>Meat/MA 2 oz<br/>Grain 2 oz<br/>Veg 1 /2c<br/>Fruit 1/4 c</i> | Baked Cheese Ravioli<br>Marinara<br>100% Juice | Ham & Cheese Ripper<br>Broccoli<br>Applesauce | Teriyaki Beef Dunkers<br>WG Roll<br>Buttery Carrots<br>100% Juice | Double Cheese Sticks<br>Baked Beans<br>Fruit Cup | Hamburger<br>Sweet Corn<br>Applesauce |

This institution is an equal opportunity provider.

Menus are subject to change due to availability.

All grains offered are made with 51% whole grain.

Non- Fat Unflavored Milk or 1% Milk is provided with meals.

Fresh fruit will be provided whenever possible or will be shelf stable; 1/2 to 3/4 cup portion.

