

SPRING/SUMMER 2021: WEEK 1

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dates:					
BREAKFAST:					
Milk	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/ 6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)
Fruit/Vegetable	1/2c Fruit	1/2c Fruit	1/2c Fruit	1/2c Fruit	1/2c Fruit
Grain/Meat¹	3/4c Kix	1/2 Cinn Raisin Bagel	1/2c Corn Flakes	1/2 Cran Orange WG Muffin	1/2c Cheerios
Extra		Cream Ch. Fruit Spread			
LUNCH:					
	Meat Loaf	Chicken Salad Wrap	Turkey Pepperoni Pocket	Beef & Vegetable Stir Fry*	Turkey Ham Slice
Milk	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)	4oz Whole Milk (age 1) or 4oz/6oz Low/Fat Free Milk (age 2+)
Fruit/Vegetable²	1/4c Steamed Broccoli	1/4c Fruit Cocktail	1/4c Canned Peaches	1/4c Fresh Orange	1/4c Pineapple
Vegetable	1/4c Roasted Potatoes	1/4 c Coleslaw	1/4c String beans	1/4c Stir Fry Vegetables	1/4c Fresh Tossed Salad w/ Ranch Dressing
Grain	1/2s WW Bread w/ Margarine	1/2 WW Tortilla	WG Pocket	1/4c Brown Rice	1/2s WW Bread w/ Margarine
Meat/Meat Alternate	1.5oz Meat Loaf w/ LS Gravy	2 oz Chicken Salad	1.5 oz Cheese	1.5 oz Beef	1.5oz Turkey Ham Slice
Extra				LS soy sauce	
SNACK: <i>Select two of the five components</i>					
Milk	Water		Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Water	Water
Fruit	1/2c Fresh Fruit Salad	1/8c Hummus	1/2oz String Cheese	1/2c Fruit Cocktail	1/2oz Cheddar Cheese
Vegetable					
Grain	8 Animal Crackers	WG Pita Slices	Wheat Crackers	28 WG Goldfish	Pizza Crackers

Meat/Meat Alternate					
------------------------	--	--	--	--	--