

BREAKFAST

Breakfast regularly consists of 1 appropriate serving from each of the following food groups:

Fruit/Vegetable
Bread/Cereal/Grain
Milk

OUR DAILY MENU EXAMPLES:

Waffle
Fresh Fruit(s)
Milk

Banana Bread
Applesauce
Milk

French Toast Sticks
Fresh Fruit(s)
Milk

Yogurt Smoothie
Graham Crackers

Scrambled Eggs
Cottage Cheese w/ Fruit
Toast
Orange Juice

Mini Pancakes
Fruit Topping
Sausage Patty
Milk

Oatmeal w/ Fruit
Sausage Patty
Milk

Your-Way Eggs
Toast w/ Jam
Milk

Cereal
Fresh Fruit(s)
Milk

Cream of Wheat
Fresh Fruit(s)
Milk

Breakfast Burrito
Applesauce
Milk

Cinnamon Roll
Banana
Milk

Hash Brown Casserole
Toast
Milk

Egg & Cheese English Muffin
Fresh Fruit(s)
Milk

Cinnamon Toast
Yogurt
Fresh Fruit(s)
Orange Juice

Omelet
Toast
Fresh Fruit(s)
Milk

Muffin
Fresh Fruit(s)
Milk

Toast w/ Cream Cheese
Applesauce
Juice

LUNCH

Lunch regularly consists of 1 appropriate serving from each of the following food groups:

Meat/Meat Alternative
Fruit/Vegetable
Fruit/Vegetable
Bread/Cereal/Grain
Milk

OUR DAILY MENU EXAMPLES:

Chicken Breast
Steamed Vegetable(s)
Rice
Milk

Meatloaf
Mashed Potatoes
Steamed Vegetable(s)
Milk

Macaroni & Cheese
Steamed Vegetable(s)
Applesauce
Milk

Lasagna
Steamed Vegetable(s)
Garlic Bread
Milk

Turkey Breast
Mashed Potatoes
Steamed Vegetable(s)
Stuffing
Milk

Quesadillas
Fresh Fruit(s)
Fresh Vegetable(s)
Milk

Beef Stew
Fresh Fruit(s)
Bread
Milk

Grilled Cheese Sandwich
Tomato Soup
Fresh Vegetable(s)
Milk

Cheeseburger
Baked Potato Strips
Fresh Vegetable(s)
Milk

Turkey Dog
Baked Beans
Fresh Fruit(s)
Milk

Lunchmeat Sandwich
Pasta Salad
Fresh Fruit(s)
Milk

Chicken & Veggie Stir Fry
Rice
Jello
Milk

PB&J
Cottage Cheese
Fresh Vegetable(s)
Juice

Soup
Baked Potato
Homemade Bread
Milk