



1% Milk Requirement

August-17

Menu is subject to change

Breakfast (* 1-2 years)		AM/PM Supplement (* 1-2 years)		Lunch/Supper (* 1-2 years)	
Milk Fluid	*1/2 cup-3/4 cup	Milk Fluid	1/2 cup	Milk Fluid	*1/2 cup-3/4 cup
Juice, Fruit and/or Vegetable	*1/4 cup-1/2 cup Total	Juice, Fruit and/or Vegetable	1/2 cup	Meat or Meat Alternate	
Bread and/or Cereal		Enriched or Whole Grain		Meat, Fish or Poultry Cooked	*1 oz-1 1/2 oz
Enriched or Whole Grain		Bread	1/2 slice	Cheese	
Bread	1/2 slice	or		Egg	*1/2 egg-3/4 egg
or		Cereal:		Cooked Dry Beans and Peas	*1/4 cup-3/8 cup
Cereal:		Cold Dry or 1/3 cup	*1/3 oz-1/2 oz	Soy Butter	*2 Tbs-3 Tbs
Cold Dry or 1/3 cup	*1/3 oz-1/2 oz	Hot Cooked 1/4 cup	1/4 cup	Vegetable and/or Fruit (Two or More)	*1/4 cup-1/2 cup Total
Hot Cooked 1/4 cup	1/4 cup			Bread and/or Bread Alternate	
				Enriched or Whole Grain	1/2 slice
				Pasta	1/4 cup
Monday	Tuesday	Wednesday	Thursday	Friday	
	1	2	3	4	
7	8	9	10	11	
Waffle Sticks	14 Cold Cereal	15 Orange Wedges	16 Cold Cereal	17 Muffin	18
Applesauce	Applesauce Cup	Pancakes/SF Syrup	Melon	Banana	
Milk	Milk	Milk	Milk	Milk	
Turkey/Chs Sandwich	Bar BQ Chicken	Tuna Salad Sandwich	Bean Burrito	Ground Beef Stroganoff	
Cherry Tomatoes	Corn Cob	Fresh Fruit Salad	Tomato/Lettuce/Chs	Broccoli	
Tropical Fruit	Melon	Carrots Sticks/Ranch	Pineapple	Diced Pears	
Milk	Baked Beans/Roll	Milk	Green Beans	Mixed Vegetables	
	Milk		Milk	Milk	
Cinnamon Muffin	Ritz Crackers/Chs	Stuffed Breadstick	Pretzel/Mustard	Cereal Trail Mix	
100% Juice	Milk	100% Grape Juice	Milk	Milk	
Waffle Stix	21 Cold Cereal	22	23 Biscuits/Gravy	24 Cold Cereal	25
Mixed Fruit	Mandarin Cup		Fruit Cocktail	Banana	
Milk	Milk		Milk	Milk	
Spaghetti (Beef)	Meatballs/Gravy	Cook's Choice	Chicken Fried Rice	Bean Tostado	
Green Beans	Rice		Peas	Shredded Lettuce/Cheese	
Strawberries	Mixed Vegetables/Broccoli		Melon	Tropical Fruit	
3 Bean Salad	Apple		Milk	Cherry Tomatoes	
Milk	Milk			Milk	
Yogurt	WW Crackers/Cr Cheese		Muffin	Graham Cracker	
Apple	100% Apple Juice		Milk	Milk	
Pancakes	28 Cold Cereal	29 Applesauce	30 Muffin	31	
Apricots	Orange Wedges	Pancakes	Banana		
Milk	Milk	Milk	Milk		
Lasagna	Fish Sticks/Tarter Sc	Turkey Rigatoni	Beef Stew w/Vegetables		
Mixed Vegetables	Fruit Cocktail	Garden Salad/Dressing	Biscuit		
Pineapple	Peas	Plum	Melon		
Broccoli	Roll	3 Bean Salad	Lettuce/Cherry Tomatoes		
Milk	Milk	Milk	Milk		
Yogurt	Ritz Crackers/Cr Cheese	Yogurt	Soy Butter/Jelly (Bread)		
Animal Crackers	100% Juice	Apple	Milk		

This institution is an equal opportunity provider.

*Bread included for 6-12 years when required

6th-8th Grade (Salad Bar)