

W1	Meal Serving Sizes			8-Tues	9-Wed	10-Thurs	11-Fri
Breakfast	Fruit	1/2 C		Diced seedless watermelon	Banana	Pineapple cup	Diced cantaloupe
	Cereal	3/4 C					
	Grain	1/2-Oz eq		Rice Krispies	cheerios	Crispex	W/G Waffles
	Milk	3/4 C		1% milk	1% milk	1% milk	1% milk
		# of Child					
		# of Adult					
Lunch	Meat/Meat Alt	1 1/2 Oz		W/G Chicken patty	Beef Meatballs	Cheese Quesadillas	Turkey & cheese sandwich
	Pasta, Rice/	1/4 C					
	Grain/bread	1/2-Oz eq		1 W/G Bun	W/G Spaghetti	(Made with W/G tortilla)	On W/G sliced bread
	Vegetable	1/4 C		Sliced cucumber	String beans	Steamed Corn	Steamed Diced Carrots
	Fruit	1/4 C					
				Peach cup	Diced Honeydew	Half green pear	Half red apple
	Milk	3/4 C		1% milk	1% milk	1% milk	1% milk
		# of Adult					
Snack	Fruit Juice	4 oz		100% Pineapple Juice	100% Apple Juice	100% Orange/Pineapple Juice	100% Fruit Punch Juice
	Grain	1/2-Oz eq					
	Yogurt	4 oz		Cheez its	W/G graham crackers	W/G goldfish cracker	Individual strawberry banana yogurt water from class
		# of Child					
		# of Adult					

Comments/ Suggestions from Parents/ Teachers	Comentarios/Sugerencias de los Padres/Maestro

W2	Meal Serving Sizes		14-Mon	15-Tues	16-Wed	17-Thurs	18-Fri
Breakfast	Fruit	1/2 C	Diced Cantaloupe	Pineapple cup	Diced honeydew	Banana	Diced seedless watermelon
	Cereal	3/4 C	Kix	Rice krispies	W/G Pancake	Cheerios	W/G Muffin
	Grain	1/2-Oz eq		1% milk	1% milk	1% milk	1% milk
	Milk	3/4 C					
			# of Child				
			# of Adult				
Lunch	Meat/Meat Alt	1 1/2 Oz	W/G Cheese Ravioli	Chicken Fajita	Tuna salad	BBQ chicken bites	Beef Hamburger Patty
	Pasta, Rice/	1/4 C	cooked with tomato sauce	W/G roll	Pita bread	Brown rice	1 W/G Bun
	Grain/ bread	1/2-Oz eq		Sweet Peppers	Corn	Mixed vegetable	Sweet potato fries
	Vegetable	1/4 C	Steamed corn				
	Fruit	1/4 C	Half a green apple	Half green pear	Peach cup	Sliced red apple	Diced cantaloupe
	Milk	3/4 C	1% milk	1% milk	1% milk	1% milk	1% milk
			# of Child				
		# of Adult					
Snack	Fruit Juice	4 oz	100% Fruit Punch Juice	100% Grape Juice	100% Apple Juice	100% Orange Juice	100% Orange/ pineapple Juice
	Grain	1/2-Oz eq	W/G Ritz cracker	W/G Chees itz	W/G graham crackers	Individual Blueberry yogurt water from class	W/G goldfish cracker
	Yogurt	4 oz					
			# of Child				
			# of Adult				

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W3	Meal Serving Sizes		21-Mon	22-Tues	23-Wed	24-Thurs	25-Fri	
Breakfast	Fruit	1/2 C	Diced cantaloupe	Diced honeydew	Pineapple cup	Banana	Applesauce	
	Cereal	3/4 C	Cheerios	Oatmeal	W/G muffin	Crispex	French Toast	
	Grain	1/2-Oz eq						
	Milk	3/4 C						1% milk
	# of Child							
	# of Adult							
Lunch	Meat/Meat Alt	1 1/2 Oz	Cheesy pizza with	Meatloaf	Ground turkey	w/g breaded chicken patty	Red beans	
	Pasta, Rice/ Grain/ bread	1/4 C	W/G crust	W/G Dinner roll	W/G pasta w/ tomato sauce	1 W/G roll	Brown rice	
	Vegetable	1/2-Oz eq						Broccoli
	Fruit	1/4 C	Half a golden apple	Half a brown pear	Half a green pear	Half a red apple	Diced watermelon	
	Milk	3/4 C	1% milk	1% milk	1% milk	1% milk	1% milk	
	# of Child							
	# of Adult							
Snack	Fruit Juice	4 oz	100% Fruit Punch Juice	100% Grape Juice	100% Apple Juice	100% Orange Juice	100% Orange/ pineapple Juice	
	Grain	1/2-Oz eq	W/G Cheez-its	W/G Wheat thins	W/G Ritz Cracker	W/G animal crackers	Individual Blueberry yogurt	
	Yogurt	4 oz						
	# of Child							
	# of Adult							

Comments/ Suggestions from Parents/ Teachers	Comentarios/Sugerencias de los Padres/Maestro

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W4	Meal Serving Sizes		28-Mon	29-Tues	30- Wed		
Breakfast	Fruit	1/2 C	Diced seedless watermelon	Banana	Diced cantaloupe	Banana	Applesauce
	Cereal	3/4 C	Kix	W/G muffin	Rice Krispies	Cheerios	W/G waffles
	Grain	1/2-Oz eq					
	Milk	3/4 C	1% milk	1% milk	1% milk	1% milk	1% milk
	# of Child						
# of Adult							
Lunch	Meat/Meat Alt	1 1/2 Oz	Fish Sticks	Baked ziti: Mozzarella cheese and ricotta	Chicken Teriyaki bites	Veggie Burger	Beef Taco Meat
	Pasta, Rice/	1/4 C	Half W/G pita	W/G Ziti pasta cooked with tomato sauce	Brown rice	W/G Bun	W/G brown rice
	Grain/ bread	1/2-Oz eq					
	Vegetable	1/4 C	Sliced cucumber	Steamed corn	String beans	Diced carrots	Corn
	Fruit	1/4 C	Diced cantaloupe	Half a red apple	Half a brown pear	Diced watermelon	Half a green apple
	Milk	3/4 C	1% milk	1% milk	1% milk	1% milk	1% milk
	# of Child						
# of Adult							
Snack	Fruit Juice	4 oz	100% Orange Juice	100% Grape Juice	100% Orange Juice	100% Fruit Punch Juice	100% Apple Juice
	Grain	1/2-Oz eq	Individual Peach yogurt water from class	W/G graham cracker	W/G cheez its	W/G Wheat thins	W/G Ritz Cracker
	Yogurt	4 oz					
	# of Child						
# of Adult							

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