




	Monday	Tuesday 1/1/19	Wednesday 1/2/19	Thursday 1/3/19	Friday 1/4/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			WHOLE GRAIN LIFE CEREAL ORANGE SLICES * MILK	WHOLE GRAIN PANCAKE WARM PEACHES * MILK	EGG OMELET SLICED TOMATO * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			BEEF HOTDOGS WHOLE WHEAT BUN BAKED BEANS <u>BROCCOLI SLAW</u> * MILK	FISH STICKS WHOLE WHEAT ROLL MANGO CHUNKS SEASONED CORN * MILK	TURKEY AND CHEESE ON WHOLE WHEAT BREAD TOMATO SOUP PEARS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			WHOLE GRAIN CHEESE ITZ PEAR HALVES WATER	WHOLE WHEAT CRACKERS CHEDDAR CHEESE CUBES WATER	ENRICHED ANIMAL CRACKERS *MILK
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk			GROUND TURKEY SPAGHETTI W/ WHOLE GRAIN NOODLES GREEN BEANS TOSSED SALAD * MILK	TUNA SALAD WHOLE WHEAT PITA POCKET CUCUMBER AND TOMATO SALAD APRICOT HALVES * MILK	SALSIBURY STEAK W/ GRAVY BROWN RICE BROCCOLI W/ CHEESE ROASTED PARSNIP & CARROTS * MILK
	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk			LOWFAT YOGURT MIXED BERRIES WATER	ENRICHED RICE CAKE BERRY BERRY JUICE WATER	WHOLE GRAIN TORTILLA CHIPS WATERMELON CHUNKS WATER
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 1/7/19	Tuesday 1/8/19	Wednesday 1/9/19	Thursday 1/10/19	Friday 1/11/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	SAUSAGE BISCUIT APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	WHOLE CORN CHEX CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT WAFFLE PEACHES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SALMON WHOLE GRAIN ROLL <u>BROCCOLI & CORN BAKE</u> FRUIT SALAD * MILK <input type="checkbox"/> Whole Grain	TURKEY BURGER ON MULTIGRAIN BUN PEAR HALVES COLESLAW *MILK <input type="checkbox"/> Whole Grain	BEEF LIL SMOKIES WHOLE GRAIN ROLL PINTO BEANS ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	BAKED CHICKEN & WHOLE WHEAT ROLL LIMA BEANS FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	SLICED HAM WHOLE WHEAT BREAD CARROT STICKS PINEAPPLE RINGS * MILK <input type="checkbox"/> Whole Grain
SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	LOWFAT YOGURT BLUEBERRIES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS HUMMUS WATER <input type="checkbox"/> Whole Grain	HAM & TURKEY CUBES WHOLE GRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain	ENRICHED ANIMAL CRACKER *MILK <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE GRAIN ROLL MIXED VEGETABLES FRENCH FRIES * MILK <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE WHEAT CRACKERS PINEAPPLE CHUNKS CARROT STICKS *MILK <input type="checkbox"/> Whole Grain	GROUND TURKEY SPAGHETTI W/ ENRICHED BROWN RICE STEAMED CABBAGE GLAZED CARROTS * MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY WHOLE WHEAT WRAP CELERY W/ RANCH DRESSING APRICOT HALVES * MILK <input type="checkbox"/> Whole Grain	BEEF HAMBURGER ON MULTIGRAIN BUN BAKED BEANS <u>CONFETTI COLESLAW</u> * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS STRAWBERRY SLICES WATER <input type="checkbox"/> Whole Grain	<u>CRUNCHY BERRY PARFAIT</u> ENRICHED GRAHAM CRACKERS WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST TOMATO SOUP WATER <input type="checkbox"/> Whole Grain	HARD BOILED EGGS BERRY BERRY DESSERT WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT PIZZA PITA (MOZZARELLA, PEPPERONI) WATER <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 1/14/19	Tuesday 1/15/19	Wednesday 1/16/19	Thursday 1/17/19	Friday 1/18/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ALL BRAN CEREAL ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	LOW FAT YOGURT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain	TURKEY SAUSAGE PATTY ORANGE SLICES * MILK <input type="checkbox"/> Whole Grain	COTTAGE CHEESE PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	MULTIGRAIN CHEERIOS 100% APPLE JUICE * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF MEATLOAF MULTIGRAIN ROLL BUTTER BEANS FRUIT SALAD *MILK <input type="checkbox"/> Whole Grain	GRILLED CHICKEN WRAP WHOLE GRAIN TORTILLA SWEET PEAS PINEAPPLE CHUNKS *MILK <input type="checkbox"/> Whole Grain	SHRIMP FRIED BROWN RICE HONEY DEW MELON TOSSED SALAD * MILK <input type="checkbox"/> Whole Grain	TURKEY HAMBURGER WHOLE WHEAT ROLL BAKED SWEET POTATO FRIES TRI COLOR COLESLAW * MILK <input type="checkbox"/> Whole Grain	ROTISSERIE CHICKEN WHOLE WHEAT ROLL SQUASH CASSEROLE FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain
SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED RICE CAKES APPLE SLICES WATER <input type="checkbox"/> Whole Grain	HUMMUS WHOLE GRAIN PITA CHIPS WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS *MILK <input type="checkbox"/> Whole Grain	WHEAT CRACKERS PEANUT SOY BUTTER WATER <input type="checkbox"/> Whole Grain	TURKEY ROLLUP WHOLE WHEAT WRAP WATER <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	HOMEMADE WHOLE WHEAT CHEESE PIZZA CUCUMBER SLICES W/ RANCH FRUIT COCKTAIL *MILK <input type="checkbox"/> Whole Grain	GRILLED TURKEY AND CHEESE WHOLE GRAIN BREAD TOMATO SOUP APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	GROUND TURKEY SPAGHETTI W/ WHOLE WHEAT BREAD SLICED RED AND GREEN GRAPES TATOR TOTS *MILK <input type="checkbox"/> Whole Grain	SLICED HONEY HAM WHOLE WHEAT HAWAIIAN ROLL PINEAPPLE CHUNKS APRICOT HALVES *MILK <input type="checkbox"/> Whole Grain	SCRAMBLED EGGS WHOLE WHEAT PANCAKES HASHBROWN CASSEROLE DICED PEACHES *MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN HARD PRETZELS FRESH TANGERINE WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CRACKERS VIENNA SAUSAGE WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT PITA CHIPS BERRY BERRY DESSERT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN TORTILLA CHIPS SALSA/CHEESE DIP WATER <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 1/21/19	Tuesday 1/22/19	Wednesday 1/23/19	Thursday 1/24/19	Friday 1/25/19
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN WAFFLE APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	WHOLE CORN CHEX CEREAL 100% ORANGE JUICE * MILK <input type="checkbox"/> Whole Grain	ENRICHED CREAM OF WHEAT BANANA SLICES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN APRICOT HALVES * MILK <input type="checkbox"/> Whole Grain	EGG OMELET TOMATO SLICES * MILK <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BAKED FISH WHOLE GRAIN CORN MUFFIN STEAMED CARROTS CREAMED SPINACH * MILK <input type="checkbox"/> Whole Grain	TURKEY BURGER ON MULTIGRAIN BUN BAKED BEANS COLESLAW *MILK <input type="checkbox"/> Whole Grain	CHILI MAC (GROUND BEEF) WHOLE GRAIN NOODLES ORANGE SLICES CORN * MILK <input type="checkbox"/> Whole Grain	BAKED CHICKEN & WHOLE WHEAT ROLL <u>GINGERED CARROTS</u> FRUIT COCKTAIL * MILK <input type="checkbox"/> Whole Grain	TUNA SALAD WHOLE WHEAT BREAD CARROT STICKS PEARS * MILK <input type="checkbox"/> Whole Grain
SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN RICE CAKE LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN BELVITA BITES CHEDDAR CHEESE CUBES WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN PITA CHIPS HUMMUS WATER <input type="checkbox"/> Whole Grain	HAM & TURKEY CUBES WHOLE GRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER *MILK <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	STEAK FINGERS WHOLE GRAIN ROLL MIXED VEGETABLES MASH POTATOES * MILK <input type="checkbox"/> Whole Grain	CHICKEN SALAD WHOLE WHEAT CRACKERS PINEAPPLE CHUNKS CARROT STICKS *MILK <input type="checkbox"/> Whole Grain	GROUND TURKEY SPAGHETTI W/ ENRICHED BROWN RICE DICED PEACHES CABBAGE * MILK <input type="checkbox"/> Whole Grain	SLICED HAM W/ CHEESE WHOLE WHEAT WRAP FRESH APPLE SLICES APRICOT HALVES * MILK <input type="checkbox"/> Whole Grain	BEEF HAMBURGER ON MULTIGRAIN BUN SWEET POTATOE FRIES COLESLAW * MILK <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED ANIMAL CRACKERS *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKERS STRAWBERRY AND BANANA SLICES WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT CHEESE TOAST TOMATO SOUP WATER <input type="checkbox"/> Whole Grain	HARD BOILED EGG BERRY BERRY DESSERT WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT PIZZA PITA (MOZZARELLA, PEPPERONI) WATER <input type="checkbox"/> Whole Grain
TWO COMPONENTS	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain	<input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 1/28/19	Tuesday 1/29/19	Wednesday 1/30/19	Thursday 1/31/19	Friday
BREAKFAST Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED OATMEAL CINNAMON APPLESAUCE * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN KIX CEREAL 100% ORANGE JUICE *MILK <input type="checkbox"/> Whole Grain	WHOLE WHEAT PANCAKES PEAR HALVES * MILK <input type="checkbox"/> Whole Grain	WHOLE GRAIN ENGLISH MUFFIN PLUMS * MILK <input type="checkbox"/> Whole Grain	 <input type="checkbox"/> Whole Grain
LUNCH Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	TURKEY SLICES IN GRAVY WHOLE GRAIN ROLLS GREEN BEANS MASH POTATOES * MILK <input type="checkbox"/> Whole Grain	HOMEMADE VEGETABLE BEEF SOUP WHOLE WHEAT CRACKERS APPLE WEDGES *MILK <input type="checkbox"/> Whole Grain	BEEF HOTDOGS WHOLE WHEAT BUN PINEAPPLE TIDBITS BAKED BEANS * MILK <input type="checkbox"/> Whole Grain	CHICKEN STRIPS WHOLE WHEAT ROLL CITRUS SALAD HASHBROWNS * MILK <input type="checkbox"/> Whole Grain	 <input type="checkbox"/> Whole Grain
SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN BELVITA BITES *MILK <input type="checkbox"/> Whole Grain	ENRICHED GRAHAM CRACKER LOWFAT YOGURT WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN SUN CHIPS BANANA WATER <input type="checkbox"/> Whole Grain	WHOLE GRAIN RICE CAKES STRING CHEESE WATER <input type="checkbox"/> Whole Grain	 <input type="checkbox"/> Whole Grain
DINNER Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk TWO COMPONENTS	BAKED CHICKEN MULTIGRAIN ROLL FRUIT COCKTAIL LIMA BEANS * MILK <input type="checkbox"/> Whole Grain	BBQ PULLED PORK MULTIGRAIN BUN COLESLAW PEACHES * MILK <input type="checkbox"/> Whole Grain	SLICED TURKEY W/ GRAVY WHOLE WHEAT ROLL BLACK EYE PEAS MASH POTATOES * MILK <input type="checkbox"/> Whole Grain	BEEF & CHEESE LASAGNA WHOLE WHEAT NOODLES STEAMED BABY CARROTS TOSSED SALAD * MILK <input type="checkbox"/> Whole Grain	 <input type="checkbox"/> Whole Grain
EVENING SNACK Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	MULTIGRAIN CHEERIOS *MILK <input type="checkbox"/> Whole Grain	APPLE SLICES STRING CHEESE WATER <input type="checkbox"/> Whole Grain	WHOLE WHEAT PRETZELS BLUEBERRIES WATER <input type="checkbox"/> Whole Grain	STRING CHEESE MULTIGRAIN CRACKERS WATER <input type="checkbox"/> Whole Grain	 <input type="checkbox"/> Whole Grain
	* One year olds are served Whole Milk. Two years old and older are served 1% or Fat Free Milk. Milk substitutes must have a medical statement.				