

# Harvest of the month: Peaches July 2023

	Monday 7/3/23	Tuesday 7/4/23	Wednesday 7/5/23	Thursday 7/6/23	Friday 7/7/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT BAGEL BLUEBERRIES *MILK	WHOLE WHEAT MINI PANCAKE RASPBERRIES *MILK	MULTIGRAIN CHEERIOS BANANAS *MILK	BREAKFAST BURRITO WHOLE GRAIN TORTILLA SCRAMBLED EGGS HOME MADE VEGGIE SALSA *MILK	ENRICHED OATMEAL WARMED PEACHES *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
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	FRUIT KABOB (BANANA & GRAPES) LOW FAT YOGURT WATER	STRAWBERRY & AVOCADO SALSA WHOLE GRAIN TORTILLA CHIPS STRAWBERRY AVOCADO WATER	ENRICHED CREAM OF WHEAT SLICED APPLES WATER	ENRICHED CHEESE TOAST HALVED CHERRY TOMATOES WATER	FRUIT PIZZA (W6 BAGEL, LF CREAM CHEESE) BLUEBERRIES & STRAWBERRIES WATER
	<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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN NUGGETS ENRICHED HAWAIIAN ROLL FRUIT SALAD CREAMY SPINACH *MILK	HAM & CHEESE SUB MULTI GRAIN SUB ROLL APPLESAUCE CELERY STICKS *MILK	BBQ BEEF MEATBALLS WHOLE WHEAT SUB ROLL PEAR HALVES SWEET POTATO FRIES * MILK	SHRIMP FRIED RICE ENRICHED FRIED RICE PINEAPPLE RINGS SHREDDED CARROTS *MILK	ROASTED TURKEY WHOLE WHEAT ROLL MASHED POTATOES ROASTED BRUSSEL SPROUTS *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE WHEAT PITA CHIPS CORN SALSA *FLAVORED WATER* <b>*STRAWBERRY &amp; LEMON WATER</b>	ENRICHED ANIMAL CRACKERS HONEYDEW MELON WATER	<b>NATIONAL GRAHAM CRACKER DAY</b> LOW FAT YOGURT PEACHES ENRICHED GRAHAM CRACKERS WATER	WHOLE WHEAT GOLDFISH TOMATO BISQUE WATER	ROASTED CHICKEN & CHEESE ROLLUPS WHOLE WHEAT SESAME STICKS WATER
	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	<b>EAT BEANS DAY</b> BEAN & CHEESE QUESADILLA WHOLE GRAIN TORTILLA MANGO CHUNKS TOSSED SALAD *MILK	FISH FILLET MULTI GRAIN BUN MANDARIN ORANGES PEAS & CARROT MIX * MILK	STUFFED BELL PEPPERS GROUND TURKEY WHOLE WHEAT SPIRAL PASTA COLORFUL PEPPERS TRI COLOR COLESALW * MILK	STEAK FINGERS WHOLE WHEAT ROLL PLUMS CALIFORNIA BLEND VEGGIES *MILK	SPAGHETTI W/ GROUND BEEF WHOLE WHEAT SPAGHETTI NOODLES RASPBERRIES MINI CORN ON THE COB * 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk TWO COMPONENTS	WHOLE GRAIN CHEESE CRACKERS SLICED KIWI WATER	WHOLE WHEAT RITZ CRACKERS HUMMUS DIP WATER	<b>Peach, Pineapple Orange Smoothie</b> PEACH YOGURT WHOLE WHEAT CRACKERS WATER	CRUNCHY ANS ON A LOG PEANUT/NUT/SOY/WOW BUTTER CEREY STICKS RAISINS WATER	ENRICHED PRETZELS CINNAMON APPLESAUCE WATER
	<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 Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.				

	Monday 7/10/23	Tuesday 7/11/23	Wednesday 7/12/23	Thursday 7/13/23	Friday 7/14/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN FRENCH TOAST BLUEBERRIES *MILK	ENRICHED GRITS GRILLED PEACHES *MILK	WHOLE GRAIN MINI PANCAKES HASHBROWNS *MILK	WHOLE WHEAT BAGEL APRICOT HALVES *MILK	ENRICHED SAUSAGE BISCUIT PLUMS *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
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE GRAIN CHIPS 100% APPLE JUICE	TRAIL MIX WHOLE GRAIN CEREAL RAISINS & CRANBERRIES	EGG & SPINACH OMELET GROOVY GRAPES (CUT APPROPRIATELY)	ENRICHED OATMEAL SLICED STRAWBERRIES	BANANA SUSHI ROLL PEANUT/SOY/WOW/NUT BUTTER WHOLE GRAIN TORTILLA BANANA WATER
<b>TWO COMPONENTS</b>	<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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GREEN LENTILS WHOLE GRAIN TACO SHELLS GROOVY GRAPES BABY CARROTS *MILK	CURRY CHICKEN ENRICHED BROWN RICE MANGO SLICES SWEET PEAS *MILK	MINI CHEESE PIZZA WHOLE WHEAT ENGLISH MUFFIN FRUIT COCKTAIL MIXED VEGETABLES * MILK	<b>NATIONAL FRENCH FRIES DAY</b> BEEF SLOPPY JOE WHOLE WHEAT BUN WATERMELON STICKS SWEET POTATO FRIES *MILK	<b>NATIONAL MAC-N-CHEESE DAY</b> EXTRA CHEESEY MAC-N-CHEESE WHOLE GRAIN ELBOW NOODLES APPLE WEDGES BROCCOLI *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT PITA CHIPS FRESH GUACAMOLE *FLAVORED WATER* <b>*CUCUMBER &amp; LIME WATER*</b>	PINWHEEL TURKEY SNACK TURKEY SLICES WHOLE GRAIN TORTILLA SPINACH WATER	ENRICHED ANIMAL CRACKERS CRUSHED PINEAPPLE	ENRICHED SALTINE CRACKERS SAVORY TUNA SALAD	MINI EGG SALAD SANDWICH WHOLE WHEAT BREAD
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF CHEESE BURGER WHOLE WHEAT BUN APPLE WEDGES POTATO WEDGES *MILK	BAKED FISH FILLET ENRICHED HUSH PUPPIES RASPBERRIES GARLIC GREEN BEANS * MILK	PHILLY CHEESE STEAK WHOLE WHEAT SUB ROLL MANDARIN ORANGES TOSSED SALAD * MILK	CHICKEN TENDERS MULTI GRAIN ROLL PEACHES PEAS & CARROTS *MILK	SLICED TURKEY PANINI WHOLE WHEAT PITA CANTALOUPE SPINACH & TOMATO SALAD * 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED MUFFIN BANANA	WHOLE GRAIN CHEESE ITS WATERMELON SHAPES	WHOLE GRAIN RICE CAKE HONEYDEW MELON	CHEDDAR CHEESE CUBES WHOLE WHEAT SESAME STICKS	ENRICHED GRAHAM CRACKERS CUCUMBER STRIPS
<b>TWO COMPONENTS</b>	<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
<i>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					

	Monday 7/17/23	Tuesday 7/18/23	Wednesday 7/19/23	Thursday 7/20/23	Friday 7/21/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WHOLE WHEAT MINI BAGEL EGG HALVES CANTALOUPE *MILK	ENRICHED CREAM OF WHEAT SLICED APPLES *MILK	WHOLE GRAIN CHEERIOS BLUEBERRIES *MILK	ENRICHED KIX CEREAL RASPBERRIES *MILK	WHOLE WHEAT CINNAMON TOAST PINEAPPLE TIDBITS *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
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PANCAKE BANANA  WATER	WHOLE WHEAT TOAST AVOCADO & FRESH TOMATOES  WATER	BOILED EGG HALVES TATOR TOTS  WATER	ENRICHED GRAHAM CRACKERS 100% BERRY BERRY JUICE	WHOLE WHEAT ENGLISH MUFFIN MANGO STRIPS  WATER
<b>TWO COMPONENTS</b>	<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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	GRILLED CHEESE SANDWICH WHOLE WHEAT BREAD KIWI SLICES TOMATO BISQUE *MILK	BAKED FISH STICKS MULTI GRAIN ROLL SLICED PEACHES SWEET PEAS *MILK	BODACIOUS QUESADILLA GRILLED CHICKEN WHOLE WHEAT TORTILLA MANGO SLICES BROCCOLI * MILK	SAVORY TUNA & CHEESE SUB WHOLE WHEAT SUB ROLL PLUMS CELERY STICKS *MILK	SAVORY WAFFLE-WICH HAM & CHEESE WHOLE WHEAT WAFFLE ORANGES (SMILES) TOSSED SALAD *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	<b>CHEESY BROCCOLI TOTS</b> SHREDDED CHEESE BROCCOLI FLORETS *FLAVORED WATER* <b>*WATERMELON &amp; MINT WATER*</b>	ENRICHED PRETZELS PEARS  WATER	FRUIT PIZZA w/CREAM CHEESE WHOLE WHEAT FLATBREAD MIXED BERRIES WATER	WHOLE GRAIN SUNCHIPS KIWI SLICES  WATER	FRUIT KABOB W/DIP LOW FAT YOGURT MIXED FRUIT (STRAWBERRY, GRAPES, BANANA) WATER
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	ROASTED TURKEY PINWHEELS WHOLE WHEAT TORTILLA SWEET PEAS SHREDDED CARROTS *MILK	POPCORN SHRIMP ENRICHED FRIED RICE HONEYDEW MELON STIR FRY VEGETABLES * MILK	LETTUCE TOFU WRAP SAVORY TOFU ENRICHED BROWN RICE PEACHES ZESTY CORN * MILK	STEAK BURRITO BOWL ENRICHED BROWN RICE HOMEMADE PICO DE GALLO BLACK BEANS *MILK	BREAKFAST FOR DINNER TURKEY SAUSAGE MULTI GRAIN TOAST APRICOT HASHBROWNS * 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED CROISSANT MIXED FRUIT  WATER	WHOLE WHEAT THIN CRACKERS STRAWBERRIES  WATER	WHOLE WHEAT RICE CRISPS WATERMELON SHAPES  WATER	ENRICHED ANIMAL CRACKERS BLUEBERRIES  WATER	ENRICHED RITZ CRACKERS CHEDDAR CHEESE CUBES  WATER
<b>TWO COMPONENTS</b>	<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

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# Harvest of the month: Peaches July 2023

	Monday 7/24/23	Tuesday 7/25/23	Wednesday 7/26/23	Thursday 7/27/23	Friday 7/28/23
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	MULTI GRAIN CHEERIOS RASPBERRIES *MILK	WHOLE WHEAT WAFFLES WARMED PEACHES *MILK	ENRICHED CHICKEN BISCUIT APPLESAUCE *MILK	ENRICHED MUFFIN STRAWBERRIES * MILK	WHOLE WHEAT MINI BAGEL PEANUT/SOY/NUT/WOW BUTTER SLICED BANANA *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
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED PRETZELS HUMMUS WATER	BANANA SUSHI ROLL PEANUT/SOY/WOW/NUT BUTTER WHOLE GRAIN TORTILLA BANANA WATER	WHOLE WHEAT BREAD AVOCADO SLICES WATER	BOILED EGGS HASHBROWNS WATER	LOW FAT YOGURT CUCUMBER STICKS WATER
<b>TWO COMPONENTS</b>	<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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	SAVORY CHICKEN SALAD ENRICHED CROISSANT GROOVY GRAPES ROASTED CAULIFLOWER *MILK	TURKEY MEATBALL SUB WHOLE WHEAT SUB ROLL APPLE SLICES YELLOW SQUASH *MILK	BLACK BEAN & VEGGIE QUESADILLA BLACK BEANS WHOLE WHEAT TORTILLA PEARS HONEY GLAZED CARROTS * MILK	HOMEMADE MAC AND CHEESE ENRICHED NOODLES FRUIT COCKTAIL GREEN BEANS *MILK	HEALTHY CHICKEN N WAFFLES BAKED CHICKEN WHOLE GRAIN WAFFLES CINNAMON APPLESAUCE GRILLED VEGETABLES *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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	WG MOZZARELLA CHEESE STICK TOMATO & CUCUMBER SALAD *FLAVORED WATER* <b>*ORANGE &amp; PINEAPPLE WATER*</b>	STRAWBERRY YOGURT PARTFAIT SRAWBERRY GREEK YOGURT MIXED BERRIES GRANOLA (OPTIONAL) WATER	WHOLE GRAIN CRACKERS VEGETABLE SOUP WATER	ENRICHED GRAHAM CRACKERS APRICOT SLICES WATER	PIZZADILLA MOZZARELLA CHEESE PEPPERONI WHOLE WHEAT TORTILLA WATER
<b>TWO COMPONENTS</b>	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	BEEF SLOPPY JOE WHOLE WHEAT BUN BLUEBERRIES SWEET CORN *MILK	GRILLED CHEESE TOAST WHOLE WHEAT BREAD KIWI TOMATO BISQUE SOUP * MILK	BEEF LO-MEIN WHOLE GRAIN NOODLES RASPBERRIES STIR FRY VEGGIES * MILK	CHICKEN TENDERS WHOLE GRAIN ROLL CANTALOUPE BROCCOLI *MILK	<b>NATIONAL HAMBURGER DAY</b> BEEF HAMBURGER WHOLE WHEAT BUN BAKED FRENCH FRIES TRI COLOR COLESLAW * 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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	COTTAGE CHEESE MANGO CUBES WATER	WHOLE GRAIN CHEESE ITS WATERMELON SHAPES WATER	FRUIT & VEGGIE CUP APPLE SLICES SUGAR SNAP PEAS WATER	ENRICHED RICE CAKE 100% BERRY JUICE WATER	ANTS ON A LOG CELERY STICKS PEANUT/WOW/SOY BUTTER RAISINS WATER
<b>TWO COMPONENTS</b>	<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 Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.					

# Harvest of the month: Peaches July 2023

	Monday 7/31/23				
<b>BREAKFAST</b> Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk	ENRICHED SAUSAGE BISCUIT DICED PEACHES *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
<b>AM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	WHOLE GRAIN CHEERIOS BLUEBERRIES WATER				
	<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
<b>LUNCH</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHICKEN SALAD ENRICHED CROISSANT SLICED CUCUMBERS BABY 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
<b>PM SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	WHOLE GRAIN SUNCHIPS FRUIT SALAD WATER				
	<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
<b>DINNER</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Vegetable Fluid Milk	CHEESE RAVIOLI WHOLE WHEAT BREADSTICK TOSSED SALAD CORN ON THE COB *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
<b>EVENING SNACK</b> Meat/Meat Alternate Whole Grain/Grain Alternate Vegetable or Fruit Fluid Milk <b>TWO COMPONENTS</b>	COTTAGE CHEESE CRUSHED PINEAPPLE WATER				
	<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
<i>* One year olds are served Unflavored Whole Milk. Two years old and older are served unflavored 1% or Fat Free Milk. Milk substitutes must have a medical statement.</i>					