



	 		Ca	bbage, Broccoli, Cauliflower
			Thursday 2/1/24	Friday 2/2/24
BREAKFAST				
Whole Grain/Grain Alternate			WHOLE GRAIN FRENCH TOAST	ENRICHED GRITS
Vegetable or Fruit			FRUIT SALAD	CHEESY TATOR TOTS
Fluid Milk			*MILK	*MILK
	(2 kg)			
			☐ Whole Grain	☐ Whole Grain
AM SNACK				
Meat/Meat Alternate			WHOLE GRAIN RICE CAKE	WHOLE GRAIN BAGEL
Whole Grain/Grain Alternate			PEANUT/WOW/SOY BUTTER	CINNAMON APPLESAUCE
Vegetable or Fruit				
Fluid Milk			WATER	WATER
TWO COMPONENTS			☐ Whole Grain	☐ Whole Grain
LUNCH				
Meat/Meat Alternate			SWEDISH BEEF MEATBALLS	SLICED TURKEY SUB
Whole Grain/Grain Alternate			WHOLE WHEAT SUB ROLL	ENRICHED FRENCH BREAD
Vegetable or Fruit			BAKED APPLES	PINEAPPLE RINGS
Vegetable			MIXED VEGETABLES	BROCCOLI
Fluid Milk			*MILK	*MILK
			☐ Whole Grain	☐ Whole Grain
PM SNACK				
Meat/Meat Alternate			ENRICHED PRETZELS	BOILED EGG HALVES
Whole Grain/Grain Alternate			PLUMS	FRESH TOMATOES
Vegetable or Fruit				
Fluid Milk			WATER	WATER
TWO COMPONENTS			☐ Whole Grain	☐ Whole Grain
DINNER			CHICKEN & EGG NOODLE SOUP	
Meat/Meat Alternate			CHICKEN BREAST	(HM) EXTRA CHEESE PIZZA
Whole Grain/Grain Alternate			ENRICHED EGG NOODLE	WHOLE WHEAT CRUST
Vegetable or Fruit			PEACHES	PEAR HALVES
Vegetable			TOSSED SALAD	CARROT STICKS
Fluid Milk			*MILK	* MILK
			☐ Whole Grain	☐ Whole Grain
EVENING SNACK				
Meat/Meat Alternate			YOGURT DIP	ENRICHED CHEESE CRACKERS
Whole Grain/Grain Alternate			CUCUMBERS	100% BERRY JUICE
Vegetable or Fruit				
			WATER	WATER
Fluid Milk TWO COMPONENTS		П	Whole Grain	☐ Whole Grain





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	Monday 2/5/24	Tuesday 2/6/24	Wednesday 2/7/24	Thursday 2/8/24	Friday 2/9/24
BREAKFAST		·			
Whole Grain/Grain Alternate	ENRICHED EGG BISCUIT	WHOLE GRAIN FRENCH TOAST	WHOLE WHEAT PANCAKES	ENRICHED CROISSANT	ENRICHED CINNAMON PANCAKES
Vegetable or Fruit	SAUSAGE W/ GRAVY	CINNAMON APPLESAUCE	RASPBERRIES	WARM PEACHES	BANANAS
Fluid Milk	HONEYDEW MELON	*MILK	*MILK	*MILK	*MILK
	*MILK				
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	MINI EGG SALAD SANDWICH	ENRICHED KIX CEREAL	ENRICHED CREAM OF WHEAT	WHOLE WHEAT CHEESE TOAST
Whole Grain/Grain Alternate	LOWFAT YOGURT	WHOLE WHEAT TOAST	SAUSAGE LINKS	STRAWBERRIES	GROOVY GRAPES
Vegetable or Fruit					(CUT APPROPRIATELY)
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH			NATIONAL FETTUCCINE ALFREDO DAY		VEGAN BREAKFAST TACOS
Meat/Meat Alternate	CHICKEN NUGGETS	BLACK BEAN BURGER	BAKED CHICKEN	BEEF STIR FRY	SCRAMBLED TOFU W/SALSA
Whole Grain/Grain Alternate	WHOLE WHEAT ROLL	WHOLE WHEAT BUN	ENRICHED FETTUCCINE	WHOLE GRAIN NOODLES	WHOLE WHEAT TORTILLA
Vegetable or Fruit	SWEET POTATO FRIES	APRICOTS	GREEN APPLE SLICES	RASPBERRIES	CUTIE ORANGES
Vegetable	STEAMED CORN	ROASTED CAULIFLOWER	BROCCOLI	BABY CARROTS	ZUCCHINI STRIPS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK					HUMMUS & CUCUMBER SANDWICH
Meat/Meat Alternate	WHOLE GRAIN CHIPS	CHEESE QUESADILLA	WHOLE GRAIN RICE CAKES	ENRICHED ANIMAL CRACKERS	HUMMUS
Whole Grain/Grain Alternate	PLUMS	WHOLE WHEAT QUESADILLA	TROPICAL FRUIT SALAD	CELERY STICKS	WHOLE WHEAT BREAD
Vegetable or Fruit		STRAWBERRIES			CUCUMBERS
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					OODLE OF NOODLE PASTA
Meat/Meat Alternate	HOMEMADE MACARONI & CHEESE	ROTISSERIE CHICKEN	SALISBURY STEAK	GARLIC SHRIMP	BAKED CHICKEN
Whole Grain/Grain Alternate	WHOLE WHEAT MACARONI	WHOLE WHEAT ROLL	BROWN RICE W/ GRAVY	HAWAIIAN BREAD ROLL	WHOLE WHEAT PENNE PASTA
Vegetable or Fruit	BLUEBERRIES	PEACHES	APRICOT HALVES	PINEAPPLE CHUNKS	BAKED TOMATOES
Vegetable	SAUTEED COLLARD GREENS	SAUTEED SPINACH	ROASTED SQUASH	SAUTEED GREEN BEANS	SWEET PEAS
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK					
Meat/Meat Alternate	ENRICHED PRETZELS	WHOLE WHEAT CRACKERS	WHOLE GRAIN SUNCHIPS	LOW FAT YOGURT	WHOLE GRAIN CRACKERS
Whole Grain/Grain Alternate	100% APPLE JUICE	CANTALOUPE	MANDARINS	CRUSHED PINEAPPLE	APPLESAUCE
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	Whole Grain	☐ Whole Grain	Whole Grain	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 2/12/24	Tuesday 2/13/24	Wednesday 2/14/24	Thursday 2/15/24	Friday 2/16/24
BREAKFAST	OATMEAL MONDAY				
Whole Grain/Grain Alternate	ENRICHED OATMEAL	ENRICHED SAUSAGE BISCUIT	WHOLE WHEAT PANCAKES	ENRICHED GRITS	MULTI GRAIN WAFFLE
Vegetable or Fruit	RASPBERRIES	PEACHES	BANANAS & STRAWBERRIES_	APRICOT HALVES	FRUIT COCKTAIL
Fluid Milk	*MILK	*MILK	*MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					FRUIT PIZZA
Meat/Meat Alternate	WHOLE GRAIN TOAST	WHOLE GRAIN RICE CAKE	WHOLE GRAIN FRENCH TOAST	EGG & SPINACH OMELET	(WG BAGEL, LF CREAM CHEESE)
Whole Grain/Grain Alternate	PEARS	SLICED GRAPES (CUT APPROPIATELY)	LOW FAT YOGURT	HASHBROWNS	BLUEBERRIES & PEACHES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	FISH FILLET	TURKEY BURGER	GRILLED EXTRA CHEESE SANDWICH	HAM & CHEESE SUB	HOMEMADE MAC-N-CHEESE
Whole Grain/Grain Alternate	MULTI GRAIN BUN	MULTI GRAIN BUN	WHOLE WHEAT BREAD	ENRICHED HAWAAIN ROLL	WHOLE WHEAT SPIRAL NOODLES
Vegetable or Fruit	TANGERINE	HONEY DEW MELON	SLICED KIWI	PEAR HALVES	STRAWBERRIES
Vegetable	PEAS & CARROTS	FRENCH FRIES	TOMATO BISQUE SOUP	CARROT STICKS	ROASTED BRUSSEL SPROUTS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
PM SNACK			FRUIT & NUT BUTTER PITA POCKET		
Meat/Meat Alternate	ENRICHED MUFFIN	WHOLE GRAIN CHIPS	ENIRCHED PITA POCKETS	ENRICHED SALTINE CRACKERS	ENRICHED OYSTER CRACKERS
Whole Grain/Grain Alternate	CANTALOUPE SHAPES	FRESH PICO DE GALLO	APPLES/PEANUT/WOW/SOY BUTTER	CURRIED TUNA SALAD	SPLIT PEA SOUP
Vegetable or Fruit	(CUT INTO FUN SHAPES)		(RECIPE IN LINK)		
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER					
Meat/Meat Alternate	STUFFED BELL PEPPERS W/	CHICKEN NUGGETS	HOT TURKEY & SWISS SUB	FISH STICKS	BBQ CHICKEN
Whole Grain/Grain Alternate	GROUND TURKEY & BROWN RICE	ENRICHED CORNBREAD	WHOLE WHEAT SUB ROLL	WHOLE WHEAT BREAD STICKS	ENRICHED CORN MUFFIN
Vegetable or Fruit	HONEYDEW MELON	STRAWBERRIES	ORANGES	PEACHES	KIWI
Vegetable	LIMA BEANS	STEAMED ZUCCHINI	TATER TOTS	ROASTED CABBAGE	STEAMED ZUCCHINI
Fluid Milk	*MILK  Whole Grain	* MILK	* MILK	*MILK	* MILK
		☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK	FRUIT & VEGGIE CUPS				
Meat/Meat Alternate	SWEET RED PEPPER STICKS	WHOLE WHEAT SESAME STICKS	ENRICHED GRAHAM CRACKERS	WHOLE GRAIN MINI BAGEL	MUTLIGRAIN CHEERIOS
Whole Grain/Grain Alternate	PINEAPPLE STICKS	BROCCOLI FLORETS w/HUMMUS	CHEDDAR CHEESE CUBES	DICED PLUMS	BANANA
Vegetable or Fruit Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	WATER  Whole Grain	WATER  Whole Grain	WATER  Whole Grain	WATER  Whole Grain	WATER  Whole Grain
TWO COMPONENTS				-	
	* 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.				





				Cabi	age, Broccoil, Cauliflower
	Monday 2/19/24	Tuesday 2/20/24	Wednesday 2/21/24	Thursday 2/22/24	Friday 2/23/24
BREAKFAST	-	·	·		NATIONAL BANANA BREAD DAY
Whole Grain/Grain Alternate	WHOLE WHEAT WAFFLE STICKS	MULTI GRAIN CHEERIOS	WHOLE WHEAT MINI BAGEL	MULTIGRAIN CHEX	BANANA BREAD RECIPE
Vegetable or Fruit	TATER TOTS	BANANA	SAUSAGE LINKS	SLICED PLUMS	ENRICHED BANANA BREAD
Fluid Milk	*MILK	*MILK	STRAWBERRIES	*MILK	FRUIT SALAD
			*MILK		*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
AM SNACK					
Meat/Meat Alternate	WHOLE GRAIN RICE CAKES	MINI EGG SALAD SANDWICH	WHOLE GRAIN ENGLISH MUFFIN	WHOLE WHEAT MINI PANCAKES	ENRICHED KIX CEREAL
Whole Grain/Grain Alternate	CANTALOUPE CHUNKS	WHOLE GRAIN TOAST	APRICOTS	WARM CINNAMON APPLES	PEACHES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
LUNCH					
Meat/Meat Alternate	BLACK BEAN & SPINACH WRAP	TUNA & CHEESE SUB	GRILLED CHICKEN TENDERS	LENTIL BEANS	SAVORY CHICKEN SALAD
Whole Grain/Grain Alternate	WHOLE GRAIN TORTILLA	WHOLE WHEAT SUB ROLL	WHOLE WHEAT ROLL	WHOLE GRAIN ROLL	MUTLI GRAIN CRACKERS
Vegetable or Fruit	FRUIT COCKTAIL	ORANGE SMILES	RASPBERRIES	PINEAPPLE	PEARS
Vegetable	BAKED CAULIFLOWER	GRILLED TOMATOES	ROASTED BROCCOLI	TOSSED SALAD	PEAS & CARROTS
Fluid Milk	*MILK	*MILK	* MILK	*MILK	*MILK
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	Whole Grain	☐ Whole Grain
PM SNACK		FRUIT PIZZA			
Meat/Meat Alternate	WHOLE GRAIN CRACKERS	(WG BAGEL, LF CREAM CHEESE)	ENRICHED PRETZELS	WHOLE GRAIN CHEEZ-ITS	WHOLE WHEAT SANDWICH THINS
Whole Grain/Grain Alternate	VEGETABLE SOUP	BLUEBERRIES & APRICOT	ROASTED HUMMUS DIP	HONEYDEW MELON	CHERRY TOMATOES
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain
DINNER				NATIONAL COOK A SWEET POTATO DAY	
Meat/Meat Alternate	BBQ PULLED PORK	PHILLY CHEESE STEAK	XTRA CHEESE RAVIOLI	ROTISSERIE CHICKEN	REFRIED BEANS
Whole Grain/Grain Alternate	ENRICHED TEXAS TOAST	WHOLE WHEAT SUB ROLL	WHOLE WHEAT RAVIOLI	WHOLE WHEAT BREADSTICKS	WHOLE GRAIN NACHOS
Vegetable or Fruit	PEACHES	FRUIT COCKTAIL	GROOVY GRAPES	SLICED KIWI	BLUEBERRIES
Vegetable	ROASTED CABBAGE	PARMESEAN FRENCH FRIES	MIXED VEGETABLES	BAKED SWEET POTATO	VEGGIE SALSA
Fluid Milk	*MILK	* MILK	* MILK	*MILK	* MILK
EVENTALC CALAGIA	Whole Grain	Whole Grain	Whole Grain	☐ Whole Grain	☐ Whole Grain
EVENING SNACK		CRUNCHY ANTS ON A LOG	FRUIT & VEGGIE CUPS		
Meat/Meat Alternate	ENRICHED GRAHAM CRACKERS	WOW/SOY/PEANUT BUTTER	CUCUMBER STICKS	WHOLE WHEAT SESAME STICKS	WHOLE WHEAT PITA CHIPS
Whole Grain/Grain Alternate	STRAWBERRY SMOOTHIE	CELERY	WATERMELON STICKS	CHEDDAR CHEESE CUBES	SAVORY HUMMUS
Vegetable or Fruit Fluid Milk		RAISINS WATER	WATER	WATER	WATER
TWO COMPONENTS	Whole Grain	WATER  Whole Grain	WATER  Whole Grain	WATER  Whole Grain	WATER  Whole Grain
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	* 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 2/26/24	Tuesday 2/27/24	Wednesday 2/28/24	Thursday 2/29/24	
BREAKFAST	NATIONAL PANCAKE DAY	·	·	·	
Whole Grain/Grain Alternate	ENRICHED MINI PANCAKES	WHOLE GRAIN BAGEL	ENRICHED OATMEAL	MULTI GRAIN WAFFLE	
Vegetable or Fruit	WARMED APRICOTS	WARMED PEACHES	RASPBERRIES	BLUEBERRIES	
Fluid Milk	*MILK	*MILK	*MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
AM SNACK		NATIONAL STRAWBERRY DAY			
Meat/Meat Alternate	WHOLE GRAIN MINI BAGEL	ENRICHED FRENCH TOAST	ENRICHED PITA CHIPS	SLICED TURKEY ROLLUP	
Whole Grain/Grain Alternate	STRAWBERRIES	WARMED STRAWBERRIES	CRISPY ROASTED CHICKPEAS	WHOLE WHEAT TORTILLA	
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
LUNCH				NATIONAL CHILI DAY	
Meat/Meat Alternate	BBQ CHICKEN PIZZA	PEANUT/WOW/SOY BUTTER	XTRA CHEESE VEGGIE FLATBREAD	CHILI MAC W/GROUND TURKEY	
Whole Grain/Grain Alternate	WHOLE WHEAT PIZZA CRUST	WHOLE WHEAT BREAD	WHOLE GRAIN FLATBREAD	WHOLE WHEAT BREADSTICK	
Vegetable or Fruit	PLUMS	RASPBERRIES	SWEET PEPPERS	DICED PEARS	
Vegetable	TRI COLOR COLESLAW	TOSSED SALAD	BROCCOLI	CORN ON THE COB	
Fluid Milk	*MILK	*MILK	* MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
PM SNACK	FISH SWIMMING IN SOUP				
Meat/Meat Alternate	WHOLE WHEAT GOLDFISH	WHOLE WHEAT CHEX	WHOLE WHEAT RAISIN TOAST	ENRICHED ANIMAL CRACKERS	
Whole Grain/Grain Alternate	TOMATO SOUP	100% BERRY JUICE	APPLESAUCE	WATERMELON SLICES	
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	
DINNER			BREAKFAST FOR DINNER		
Meat/Meat Alternate	FISH FILLET	STEAK BURRITO BOWL	TURKEY SAUSAGE	BAKED CHICKEN	
Whole Grain/Grain Alternate	MULTI GRAIN BUN	WHOLE GRAIN BROWN RICE	MULTI GRAIN TOAST	WHOLE GRAIN NOODLES	
Vegetable or Fruit	WATERMELON STRIPS	CANTALOUPE	APRICOT	SLICED GRAPES	
Vegetable	BABY CARROTS	HOMEMADE PICO DE GALLO	HASHBROWNS	CALI BLEND VEGETABLES	
Fluid Milk	*MILK	* MILK	* MILK	*MILK	
	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	□ Whole Grain	
EVENING SNACK					
Meat/Meat Alternate	WHOLE GRAIN SUN CHIPS	ENRICHED CROISSANT	WHOLE WHEAT RICE CRISPS	WHOLE WHEAT THIN CRACKERS	
Whole Grain/Grain Alternate	BLUEBERRIES	MIXED FRUIT	CHEDDAR CHEESE CUBES	STRAWBERRIES	
Vegetable or Fruit					
Fluid Milk	WATER	WATER	WATER	WATER	
TWO COMPONENTS	☐ Whole Grain	☐ Whole Grain	☐ Whole Grain	☐ 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.				