



## Week Ending \_\_\_\_\_

<b>Meal</b>	<b>Food Group</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Substitute Fruits</b>
<b>Breakfast</b> <b>7:30 – 8:00</b>	Milk Fruit/ Veg Bread/ Grain	Milk Apple Sauce, Pancake/Waffle B 1	Milk Fruit Cocktail Pancake/Waffle B 6	Milk 100% Fruit Juice Pancake/Waffle B 4	Milk Apples Pancake/Waffle B 7	Banana Peach Grapes Orange
<b>Lunch</b> <b>12:00 – 1:00</b>	Milk Fruit Fruit or Veg. Bread/Grain	Milk Cheese Sandwich Tossed Salad Raisins & Banana Bread 280	Milk Macaroni & Cheese Carrots & Celery Sticks, Fruit Cocktail 287	Milk Meat Balls Peas Fruit Salad Choice of Bread 210	Milk Chicken Nuggets French Fries Watermelon Choice of Bread 223	Fruit Cocktail Pear Fruit Medley Plum Cherry Pineapple
<b>Snack</b> <b>10:00 – 11:00</b>	Any 2 different Food Groups	100% Juice Cereal Mix 114	Milk Cheese Tortilla 115	Milk Banana Graham Crackers 116	100% Juice Raw Vegetables Yogurt 145	Nectarine Blue Berries Kiwi



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<b>Meal</b>	<b>Food Group</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Saturday</b>	<b>Sunday</b>	<b>Substitute Fruits</b>
<b>Breakfast</b> <b>7:30 – 8:00</b>	Milk Fruit/ Veg Bread/ Grain	Milk Orange Slices Pancake/Waffle B 8	Milk Banana Pancake/Waffle B 12	Milk Apple Sauce Hot/Cold Cereal B 22	Milk 100% Juice French Toast B 40	Banana Peach Grapes Orange
<b>Lunch</b> <b>12:00 – 1:00</b>	Milk Meat/Alternate Veg. or Fruit Fruit or Veg. Bread/Grain	Milk Choice of Chicken Apple Slices Corn Choice of Bread 222	Milk Spaghetti W/Meatballs Toss Salad Fruit Cocktail 203	Milk Macaroni & Cheese Fruit Cocktail Carrots & Celery Sticks 287	Milk Meat Balls Peas Fruit Salad Choice of Bread 210	Fruit Cocktail Pear Fruit Medley Plum Cherry Pineapple
<b>Snack</b> <b>10:00 – 11:00</b>	Any 2 different Food Groups	Milk Cheese Cubes 153	Milk Cookies 125	Milk Peaches 127	Milk Grapes String Cheese 137	Nectarine Blue Berries Kiwi