



# Classic Menu

Bloomingtondale Family Program, Inc

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<b>Corn Flakes</b>  <b>Apples</b> Low-Fat (1%), Milk	<b>Raisin Roll</b> <b>Butter</b>  <b>Pears</b> Low-Fat (1%), Milk	<b>Apple Cinnamon</b> <b>Oatmeal Muffin</b>  <b>Bananas</b> Low-Fat (1%), Milk	<b>Mini Bagels WG</b> <b>Jam</b>  <b>Honeydew</b> Low-Fat (1%), Milk	<b>Mixed Berry Yogurt</b> <b>Crunchy Granola WG</b>  <b>Oranges</b> Low-Fat (1%), Milk
LUNCH	<b>3 Cheese Rigatoni w/</b> <b>Mozzarella</b>  <b>Carrots &amp; Corn</b>  <b>Pears</b> Low-Fat (1%), Milk	<b>Cheesy Pesto Chicken</b> <b>Penne</b>  <b>Zucchini &amp; Tomatoes</b>  <b>Honeydew</b> Low-Fat (1%), Milk	<b>Roasted Turkey w/</b> <b>Gravy</b> <b>Brioche Rolls</b>  <b>Green Beans &amp; Sweet</b> <b>Potatoes</b>  <b>Oranges</b> Low-Fat (1%), Milk	<b>Rasta Pasta w/ Cheese</b>  <b>Peppers &amp; Tomatoes</b>  <b>Pineapples</b> Low-Fat (1%), Milk	<b>Turkey Cuban Sandwich</b>  <b>Green Peas</b>  <b>Apples</b> Low-Fat (1%), Milk
SNACK	<b>Soft Wheat Pretzels WG</b> Low-Fat (1%), Milk	<b>Peach Yogurt Parfait</b> Low-Fat (1%), Milk	<b>Homemade Trail Mix</b> <b>WG</b> Low-Fat (1%), Milk	<b>Cheddar Cheese Cubes</b> <b>Baguette Slices WG</b> Low-Fat (1%), Milk	<b>Sweet Potato Muffin</b> Low-Fat (1%), Milk

**WG= Whole Grain**  
 A whole grain is a grain that has not had its nutrient-rich germ and bran removed, and therefore does not need enrichment. These menu items contain at least 50 percent whole grains.