



Classic Menu

Bloomingtondale Family Program, Inc

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Corn Flakes</p> <p>Whole Fruit Pears Low-Fat (1%), Milk</p>	<p>Blueberry Bagels WG Cream Cheese</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Morning Glory Muffin</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>		
LUNCH	<p>Chicken Alfredo Cavatappi Noodles</p> <p>Roasted Carrots</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Trini Chana and Aloo Steamed Brown Rice WG</p> <p>Green Beans</p> <p>Fresh Fruit Oranges Low-Fat (1%), Milk</p>	<p>Homemade Pizza</p> <p>Roasted Broccoli</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>		
SNACK	<p>Soft Wheat Pretzels WG Low-Fat (1%), Milk</p>	<p>Mixed Berry Yogurt Low-Fat (1%), Milk</p>	<p>Homemade Trail Mix WG Low-Fat (1%), Milk</p>		

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.