



# Classic Menu

Bloomingtondale Family Program, Inc

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p><b>Corn Flakes</b></p> <p><b>Whole Fruit Apples</b> Low-Fat (1%), Milk</p>	<p><b>Mini Bagels WG</b> <b>Jam</b></p> <p><b>Fresh Fruit Oranges</b> Low-Fat (1%), Milk</p>	<p><b>Berry Waffles WG</b></p> <p><b>Pineapple Slices</b> Low-Fat (1%), Milk</p>	<p><b>Cinnamon Strata WG</b></p> <p><b>Sliced Honeydew</b> Low-Fat (1%), Milk</p>	<p><b>Blueberry Yogurt Parfait</b> <b>Crunchy Granola WG</b></p> <p><b>Whole Fruit Clementines</b> Low-Fat (1%), Milk</p>
LUNCH	<p><b>Beef Bolognese</b> <b>Cavatappi Noodles</b></p> <p><b>Green Beans &amp; Carrots</b></p> <p><b>Whole Fruit Clementines</b> Low-Fat (1%), Milk</p>	<p><b>Pollo Guisado</b> <b>Cilantro Brown Rice</b></p> <p><b>Pigeon Peas</b></p> <p><b>Whole Fruit Apples</b> Low-Fat (1%), Milk</p>	<p><b>Turkey Sloppy Joes</b> <b>Whole Grain Rolls</b></p> <p><b>Sweet Corn</b></p> <p><b>Whole Fruit Bananas</b> Low-Fat (1%), Milk</p>	<p><b>Cheesy Pesto Chicken</b> <b>Penne</b></p> <p><b>Zucchini &amp; Tomatoes</b></p> <p><b>Fresh Fruit Oranges</b> Low-Fat (1%), Milk</p>	<p><b>Eggplant Parmesan</b> <b>Focaccia</b></p> <p><b>Roasted Vegetables</b></p> <p><b>Sliced Honeydew</b> Low-Fat (1%), Milk</p>
SNACK	<p><b>Soft Wheat Pretzels WG</b> Low-Fat (1%), Milk</p>	<p><b>Herb &amp; Cheese Triangles</b> Low-Fat (1%), Milk</p>	<p><b>Homemade Trail Mix WG</b> Low-Fat (1%), Milk</p>	<p><b>Strawberry Oatmeal Bites WG</b> Low-Fat (1%), Milk</p>	<p><b>Cheddar Cheese Cubes</b> <b>Baguette Slices WG</b> 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.