



# Classic Menu

Bloomingtondale Family Program, Inc

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p><b>Corn Flakes</b></p> <p><b>Oranges</b> Low-Fat (1%), Milk</p>	<p><b>Sweet Potato Waffles</b> WG</p> <p><b>Honeydew</b> Low-Fat (1%), Milk</p>	<p><b>Apple Cinnamon</b> <b>Oatmeal Muffin</b></p> <p><b>Pineapple</b> Low-Fat (1%), Milk</p>	<p><b>Mini Bagels WG</b> <b>Jam</b></p> <p><b>Oranges</b> Low-Fat (1%), Milk</p>	<p><b>Blueberry Yogurt Parfait</b> <b>Crunchy Granola WG</b></p> <p><b>Pineapple</b> Low-Fat (1%), Milk</p>
LUNCH	<p><b>3 Cheese Rigatoni w/</b> <b>Mozzarella</b></p> <p><b>Carrots &amp; Corn</b></p> <p><b>Whole Fruit Bananas</b> Low-Fat (1%), Milk</p>	<p><b>BBQ Pulled Turkey</b> <b>Whole Wheat Pretzel</b> <b>Bun</b></p> <p><b>Roasted Broccoli</b></p> <p><b>Pineapple Slices</b> Low-Fat (1%), Milk</p>	<p><b>Chicken Tikka Masala</b> <b>Steamed Brown Rice</b> <b>WG</b></p> <p><b>Squash &amp; Lentils</b></p> <p><b>Sliced Honeydew</b> Low-Fat (1%), Milk</p>	<p><b>Rasta Pasta w/ Cheese</b></p> <p><b>Peppers &amp; Tomatoes</b></p> <p><b>Pineapple Slices</b> Low-Fat (1%), Milk</p>	<p><b>Turkey Cuban Sandwich</b></p> <p><b>Green Peas</b></p> <p><b>Fresh Fruit Oranges</b> Low-Fat (1%), Milk</p>
SNACK	<p><b>Golden Corn Bread</b> Low-Fat (1%), Milk</p>	<p><b>Peach Yogurt Parfait</b> Low-Fat (1%), Milk</p>	<p><b>Cheddar Cheese Cubes</b> <b>Baguette Slices WG</b> Low-Fat (1%), Milk</p>	<p><b>Berry Muffin WG</b> Low-Fat (1%), Milk</p>	<p><b>Sweet Potato Muffin</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.