



Classic Menu

Bloomingtondale Family Program, Inc

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Corn Flakes</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>	<p>Mini Bagels WG Butter</p> <p>Watermelon Low-Fat (1%), Milk</p>	<p>Apple Cinnamon Oatmeal Muffin</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	<p>Berry Strata WG</p> <p>Cantaloupe Low-Fat (1%), Milk</p>	<p>Golden Corn Bread</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>
LUNCH	<p>Chicken Alfredo Penne</p> <p>Roasted Carrots</p> <p>Watermelon Low-Fat (1%), Milk</p>	<p>Pineapple Chicken Jasmine Rice</p> <p>Sauteed Bokchoy</p> <p>Sliced Honeydew Low-Fat (1%), Milk</p>	<p>Cheesy Scrambled Eggs Whole Grain Rolls</p> <p>Home Style Potatoes</p> <p>Pineapple Slices Low-Fat (1%), Milk</p>	<p>Ropa Vieja Cilantro Brown Rice</p> <p>Black Beans</p> <p>Watermelon Low-Fat (1%), Milk</p>	<p>Homemade Pizza</p> <p>Roasted Broccoli</p> <p>Whole Fruit Apples Low-Fat (1%), Milk</p>
SNACK	<p>Banana Bread WG Low-Fat (1%), Milk</p>	<p>Peach Yogurt Parfait Low-Fat (1%), Milk</p>	<p>Biscuit WG Jam Low-Fat (1%), Milk</p>	<p>Mozzarella Cheese Cubes Baguette Slices WG Low-Fat (1%), Milk</p>	<p>Banana Applesauce 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.