



Classic Menu

Bloomingtondale Family Program, Inc

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	Red Rabbit O's Cereal WG Fresh Fruit Low-Fat (1%), Milk	Pumpkin Bread WG Fresh Fruit Low-Fat (1%), Milk	Morning Glory Muffin Fresh Fruit Low-Fat (1%), Milk	Carrot Bread WG Fresh Fruit Low-Fat (1%), Milk	Berry Waffles WG Fresh Fruit Low-Fat (1%), Milk
LUNCH	3 Cheese Rigatoni w/ Mozzarella Corn & Peas Fresh Fruit Low-Fat (1%), Milk	BBQ Pulled Turkey Steamed Brown Rice WG Sauteed Kale Fresh Fruit Low-Fat (1%), Milk	Chicken Parmesan Focaccia Roasted Vegetables Fresh Fruit Low-Fat (1%), Milk	Rasta Pasta w/ Cheese Peppers & Tomatoes Fresh Fruit Low-Fat (1%), Milk	Chopped Cheese & Beef Whole Grain Bun Home Style Potatoes Ketchup Fresh Fruit Low-Fat (1%), Milk
SNACK	Peach Muffin WG Low-Fat (1%), Milk	Cheesy Pizza Stick Low-Fat (1%), Milk	Celery/Carrot Sticks Green Goddess Dressing Low-Fat (1%), Milk	Cheddar Cheese Cubes Baguette Slices WG Low-Fat (1%), Milk	Sweet Potato Muffin 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.