



Classic Menu

Bloomingtondale Family Program, Inc

	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST	<p>Mini Bagels WG Jam</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Carrot Bread WG</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Blueberry Bagels WG Cream Cheese</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Berry Waffles WG</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Red Rabbit O's Cereal WG</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>
LUNCH	<p>Cheesy Alfredo</p> <p>Roasted Vegetables</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Roasted Teriyaki Chicken</p> <p>Not-So-Fried Brown Rice</p> <p>Sauteed Bokchoy</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Pastelon Whole Grain Bun</p> <p>Sweet Corn</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Macaroni & Cheese WG</p> <p>Green Beans</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>	<p>Turkey Sloppy Joes Brioche Rolls</p> <p>Sweet Potato Fries</p> <p>Fresh Fruit Low-Fat (1%), Milk</p>
SNACK	<p>Soft Wheat Pretzels WG Low-Fat (1%), Milk</p>	<p>Peach Yogurt Parfait Low-Fat (1%), Milk</p>	<p>Apple Cinnamon Oatmeal Muffin Low-Fat (1%), Milk</p>	<p>Homemade Trail Mix WG Low-Fat (1%), Milk</p>	<p>Roasted Red Pepper Hummus</p> <p>Soft Pita Bread 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.