



Winter Menu

2023-2024

Week 9

Menu 1



January 29-
February 2, 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST				Toast		Bagel		Pancakes	
Milk	¾ cup	NO SCHOOL PT CONF		1% Lowfat Milk*		1% Lowfat Milk*		1% Lowfat Milk*	
Grains or Meat/Meat Alt	½ oz eq			WW Toast w/ fruit preserve		WW Bagel w/ cream cheese		WGR Pancakes	
Vegetable and/or Fruit	½ cup			Honeydew Melon		Apple slices		Unsweetened Applesauce	
Substitute				milk alternative		milk alternative, fruit preserve		milk alternative, Cereal	
LUNCH		NO SCHOOL PT CONF		Turkey Roast		Beef Tacos		Grilled Cheese	
Milk	¾ cup			1% Lowfat Milk*		1% Lowfat Milk*		1% Lowfat Milk*	
Meat/Meat Alternate	1.5 oz			Turkey Roast		Lean ground beef		Cheese	
Grain/Bread	½ oz eq			WW Dinner Roll		WGR Hard Tacos		WGR Bread	
Vegetable	¼ cup			Diced Potatoes		Lettuce/tomatoes		Tomato Soup	
Vegetable or Fruit	¼ cup			Mandarin		Banana		Pear slices	
Substitute				milk alternative		milk alternative, no tomato sauce, no cheese		milk alternative, turkey	
SNACK				Yogurt & Fruit		Trailmix & Fruit		Breadsticks & Juice	
Milk	½ cup								
Meat/Meat Alt	½ oz			LF Yogurt					
Grain/Bread	½ oz eq					WGR Cereal Trailmix		WGR Breadsticks	
Vegetable	½ cup								
Fruit	½ cup			Tropical Fruit Mix		Mango		Orange Juice	
Substitute						Mixed fruit		WGR Pretzels	

WGR-Whole Grain **WW**- Whole **LF**-Low Fat **LS**-Low Sodium

Unflavored 1% Milk is served to children ages 2 and older.

Milk alternatives: Soy milk, Lactaid

Water is served at all meal times & available throughout the school day.

Substitutions are made for children with food allergies, dietary restrictions, or religious exemptions.