



Fall Menu

2024
Week 3



Week of October
21-25, 2024

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST		3-5 yrs	<i>Cereal</i>	<i>Hot Cereal</i>	<i>Waffles</i>	<i>Pancakes</i>	<i>Muffins</i>
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Grains or Meat/Meat Alt	½ oz eq	WGR Kix Cereal	WGR Oatmeal	WGR Waffles	WGR Pancakes	WGR Pancakes	Blueberry Muffin
Vegetable and/or Fruit	½ cup	Apple slices	Peach slices	Unsweetened Applesauce	Banana	Banana	Pear Slices
<i>Substitute</i>				<i>cereal</i>	<i>WGR toast</i>	<i>WGR toast</i>	<i>Cereal</i>
LUNCH			<i>Mac & Cheese</i>	<i>Baked Fish</i>	<i>BBQ Chicken</i>	 <i>Indian Lentils</i>	<i>Burgers</i>
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*
Meat/Meat Alternate	1.5 oz	LF Cheese	Baked Tilapia	BBQ Chicken	BBQ Chicken	Red Lentils	Lean Ground Beef Patty
Grain/Bread	½ oz eq	WGR Elbow Macaroni	Couscous	WGR Bun	WGR Bun	WGR Brown Rice	WGR Bun
Vegetable	¼ cup	Roasted Green Beans	Roasted Broccoli	Mesclun Salad	Mesclun Salad	Curried Cauliflower	Tater Tots
Vegetable or Fruit	¼ cup	Diced Pineapple	Tropical Fruit	Mixed Fruit	Mixed Fruit	Diced Mango	Sliced Apricots
<i>Substitute</i>							
SNACK			<i>Pretzels & Fruit</i>	<i>Yogurt Parfait</i>	<i>Veggies & Dip</i>	<i>Cheese & Fruit</i>	<i>Crackers & Juice</i>
Milk	½ cup						
Meat/Meat Alt	½ oz		LF Yogurt	Ranch Yogurt Dip	Ranch Yogurt Dip	LF String Cheese	
Grain/Bread	½ oz eq	WGR Pretzels	Crushed Graham Crackers				Graham Crackers
Vegetable	½ cup			Carrot Sticks	Carrot Sticks		
Fruit	½ cup	Banana	Blueberries			Apple slices	Orange wedges
<i>Substitute</i>			<i>no yogurt</i>	<i>mixed fruit</i>	<i>mixed fruit</i>	<i>WGR crackers</i>	

WGR-Whole Grain WW- Whole Wheat

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.

Substitutions may happen