

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
BREAKFAST		3-5 yrs	<i>Cereal</i>	<i>Hot Cereal</i>	<i>French Toast</i>	<i>English Muffin</i>	<i>Waffles</i>
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	
Grains or Meat/Meat Alt	½ oz eq	WG Cheerios	Farina	WGR FrenchToast	WW English Muffin w/ fruit preserve	WGR Waffles	
Vegetable and/or Fruit	½ cup	Pear slices	Peach slices	Banana	Sliced Apricots	Mixed Fruit	
<i>Substitute</i>						<i>WGR toast w/ fruit preserve</i>	
LUNCH		<i>Lentil Soup</i>	<i>Hamburger</i>	<i>Cheese Pizza</i>	<i>Bangladeshi Chicken Biryani</i>	<i>Pasta in Meat Sauce</i>	
Milk	¾ cup	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	1% Lowfat Milk*	
Meat/Meat Alternate	1.5 oz	Lentil Soup	Lean Beef Burger	LF Cheese	Chicken Biryani	Ground Beef Ragu	
Grain/Bread	½ oz eq	WGR Croutons	WW Bun	WGR Pizza Crust	WGR Brown Rice	WGR Penne	
Vegetable	¼ cup	Roasted Cauliflower	Mixed Green w/ Shredded Carrots	Broccoli	Sliced Cucumber Salad	Peas & Carrots	
Vegetable or Fruit	¼ cup	Diced Pineapple	Tropical Fruit Mix	Mixed Fruit	Mango	Mandarin	
<i>Substitute</i>			<i>Veggie Patty</i>	<i>Chickpeas</i>	<i>Veggie Nuggets</i>	<i>Marinara Sauce w/ Cheese</i>	
SNACK		<i>Cheese & Fruit</i>	<i>Crackers & Fruit</i>	<i>Yogurt Parfait</i>	<i>Muffins & Fruit</i>	<i>Rice Cakes & Berries</i>	
Milk	½ cup						
Meat/Meat Alt	½ oz	Cheese Cubes		LF Yogurt			
Grain/Bread	½ oz eq		WGR Animal Crackers	Crushed Graham Cracker	Corn Muffin	Apple Cinammon Rice Cake	
Vegetable	¼ cup						
Fruit	¼ cup	Orange	Diced Mangos	Mixed berries	Pear Slices	Strawberries	
<i>Substitute</i>		<i>WGR Crackers</i>		<i>Graham Crackers</i>		<i>WGR pretzels</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