



Cinnamon Crisp Bites

Cheese Slices

Water





	1/	Daily Menu	EAI	RTH DE
<u>Monday</u>	<u>Tuesday</u>	Wednesday	<u>Thursday</u>	<u>Friday</u>
1 00% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk Lunch Soy Pockets **Cheese Sandwiches Large Hard Boiled Eggs **Carrots Sliced Apples w/Cinnamon *Unflavored Whole/ Skim Milk Snack Apples Whole Grain Goldfish Crackers Water	Apples Whole Grain Life Cereal *Unflavored Whole/ Skim Milk Lunch Chicken Corn & Kidney Bean Chowder String Cheese Whole Wheat Crackers Bananas *Unflavored Whole/ Skim Milk Snack Soy Butter on Whole Grain Saltine Crackers Water	Breakfast Diced Pears Whole Grain English Muffin w/Grape Jelly *Unflavored Whole/ Skim Milk Lunch Macaroni & Cheese Cooked Peas Mixed Fruit *Unflavored Whole/ Skim Milk Snack Whole Grain Pizza Crackers Cheese Slices Water	4 Breakfast Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk Lunch Tuna Salad on a Whole Wheat Dinner Roll Tossed Salad w/Dressing **Carrots Apples *Unflavored Whole/ Skim Milk Snack Whole Grain Blueberry Mini Muffins Mozzarella Cheese Sticks Water	Apples Whole Grain Corn Flakes *Unflavored Whole/ Skim Milk Lunch Ground Beef w/Pasta Cooked Green Beans Whole Wheat Dinner Rolls Applesauce *Unflavored Whole/ Skim Milk Snack Whole Grain Animal Crackers Apples Water
8 Breakfast Mixed Fruit Whole Grain Rice Krispies *Unflavored Whole/ Skim Milk Lunch Make Your Own Ham & Cheese Sandwich Carrot Sticks/ **Green Beans Pears Whole Wheat Bread *Unflavored Whole/ Skim Milk Snack Whole Grain	9 Breakfast Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk Lunch Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Bananas *Unflavored Whole/ Skim Milk Snack	Applesauce Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk Lunch Beef Sauce & Pasta Cooked Carrots Whole Wheat Crackers Sliced Apples *Unflavored Whole/ Skim Milk Snack Peaches	11 Breakfast Whole Grain Kix Cereal Mixed Fruit *Unflavored Whole/ Skim Milk Lunch Make Your Own Turkey & Cheese Wraps Sweet Potato Fries Apples Whole Grain Tortilla Shells *Unflavored Whole/ Skim Milk Snack Applesauce	12 Breakfast 100% Orange Juice 100% Whole Grain Bagels *Unflavored Whole/ Skim Milk Lunch Diced Turkey Ham & Baked Beans 100% Whole Wheat Bread String Cheese Sticks Peaches *Unflavored Whole/ Skim Milk Snack Whole Grain

Whole Grain Saltine Crackers

Water

Whole Grain

Veggie Crackers Peaches

Water

Whole Grain

Goldfish Crackers

Water

Breadsticks

Grapes

Water













	<i>/</i>	Daily Menu		RTH DE
<u>Monday</u>	Tuesday	Wednesday	<u>Thursday</u>	<u>Friday</u>
Whole Grain Corn Chex Oranges *Unflavored Whole/ Skim Milk Lunch Yogurt Carrots/ **Green Beans Whole Grain Breadsticks Mozzarella Cheese Sticks/Pears *Unflavored Whole/ Skim Milk Snack String Cheese Oranges Water	16 Breakfast Whole Grain Pancakes 100% Apple Juice *Unflavored Whole/ Skim Milk Lunch Fiesta Chicken & Pasta Tossed Salad w/Dressing **Carrots Bananas *Unflavored Whole/ Skim Milk Snack Whole Grain Blueberry Lemon Crisp Applesauce Water	Breakfast Bananas Whole Grain Cheerios *Unflavored Whole/ Skim Milk Lunch Beef Barbecue on a Whole Wheat Bun Corn Sliced Apples *Unflavored Whole/ Skim Milk Snack Tostado Chips w/Shredded Cheese Water	18 Breakfast 100% Orange Juice 100% Whole Wheat Bread w/Cream Cheese *Unflavored Whole/ Skim Milk Lunch Make Your Own Ham & Cheese Wraps Carrots/ ** Green Beans Whole Grain Tortilla Shells Oranges *Unflavored Whole/ Skim Milk Snack Whole Wheat Hard Pretzels Mixed Fruit Water	Diced Pears Whole Grain English Muffin w/Grape Jelly *Unflavored Whole/ Skim Milk Lunch Fish Sticks (ST) Seasoned Rice & Beans Red Beets Mixed Fruit *Unflavored Whole/ Skim Milk Snack Whole Grain Educational Crackers Cheese Slices Water

22 **Breakfast**

Diced Pears Whole Grain Waffles *Unflavored Whole/ Skim Milk

Lunch

Make Your Own **Turkey & Cheese Wraps** Carrots/ **Green Beans **Peaches** Whole Grain Tortilla Shells *Unflavored Whole/ Skim Milk

Snack

Whole Grain **Maple Crackers Peaches** Water

23 **Breakfast**

Whole Grain Kix Cereal **Mixed Fruit** *Unflavored Whole/ Skim Milk

Lunch

Beef Taco Meat w/Tomatoes Shredded Cheese & Lettuce Whole Grain Tortilla Wrap Bananas Cooked Corn *Unflavored Whole/ Skim Milk

Snack

Whole Grain **Soft Pretzel Sticks** w/Mustard **Applesauce** Water

24 **Breakfast**

Bananas Multi Grain Cheerios *Unflavored Whole/ Skim Milk

Lunch

Chili w/Ground Beef -Kidney Beans & Rice **Tossed Salad w/Dressing** **Carrots **Whole Wheat Crackers Peaches** *Unflavored Whole/ Skim Milk

Snack

Whole Grain **Goldfish Crackers Oranges** Water

25 **Breakfast**

Apples Multi Grain Corn Flakes *Unflavored Whole/ Skim Milk

Lunch

Make Your Own Ham & Cheese Wraps **Potato Wedges** Whole Grain Tortilla Shells **Oranges** *Unflavored Whole/ Skim Milk

Snack

Whole Grain **Animal Crackers Apples** Water

26 **Breakfast**

Oranges Whole Grain French Toast Sticks *Unflavored Whole/ Skim Milk

Lunch

Fiesta Chicken w/ Pepper & Onion Fajita **Shredded Cheese & Lettuce** Whole Grain Tortilla Wrap **Cooked Mixed Vegetables Applesauce** *Unflavored Whole/ Skim Milk

Snack

Whole Grain **Graham Crackers** Cheese Slices Water









<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	Thursday	<u>Friday</u>
Breakfast Bananas Whole Grain Life Cereal *Unflavored Whole/ Skim Milk	30 Breakfast Whole Grain Raisin Bread Applesauce *Unflavored Whole/ Skim Milk			
Lunch Make Your Own Turkey & Cheese Wraps Carrots/ **Green Beans Whole Grain Tortilla Shells Sliced Apples *Unflavored Whole/ Skim Milk Snack Whole Grain Blueberry Lemon Crisp Applesauce Water	Lunch Pulled Pork Tossed Salad w/Dressing **Carrots Seasoned Rice w/Kidney Beans Bananas *Unflavored Whole/ Skim Milk Snack Whole Grain Cinnamon Crisp Bites Cheese Slices Water			