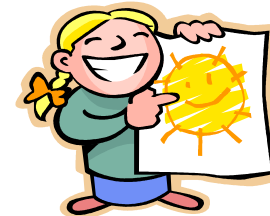


Summer Menu 2010

		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST						
9am	<i>B/G-1</i>	Waffles	bagel	Pancake	Oatmeal	French toast
	<i>F/V-1</i>	Blueberries	Peach	Banana	Strawberries	nectarine
	<i>M-1</i>	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
LUNCH						
11am	<i>P-1</i>	Chicken & gravy	Egg salad sandwich	baked chicken	Meat loaf / meatballs	Ravioli
	<i>F/V-1</i>	Peas	Green beans	Green salad	broccoli	Whole tomato sauce
Week 1	<i>F/V-1</i>	Banana	plum	Watermelon	Cantalope	applesauce
	<i>B/G-1</i>	Pasta	Wheat bread	stuffing	Brown rice	<i>pasta from ravioli</i>
	<i>M-1</i>	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
LUNCH						
11am	<i>P-1</i>	Bar b que chicken	Turkey sandwich	Egg white omlet	Ham	Spagetti with meat
	<i>F/V-1</i>	Steamed carrots	Cesar salad	Baked hash browns	1000 island salad	Whole tomatoe sauce
Week 2	<i>F/V-1</i>	apple sauce	plum	Watermelon	Cantalope	apple slices
	<i>B/G-1</i>	Flat bread	Wheat bread	Toasted high fiber muffin	Spelt	<i>spagetti noodles</i>
	<i>M-1</i>	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
LUNCH						
11am	<i>P-1</i>	Turkey & gravy	Grilled cheese sandwich	baked chicken	Baked pork loin	Shell pasta & real cheese
	<i>F/V-1</i>	Yellow squash	Cole slaw	tater tots	Honey mustard salad	Peas
Week 3	<i>F/V-1</i>	Banana	plum	Watermelon	Cantalope	Banana
	<i>B/G-1</i>	Brown rice	Wheat bread	corn bread	Cous cous	<i>Shell pasta</i>
	<i>M-1</i>	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
LUNCH						
11am	<i>P-1</i>	Baked chicken	Bolqna sandwich	Breaded baked chicken	Roast beef	Chicken with alfredo
	<i>F/V-1</i>	peas	Sliced tomato	cucumber salad	Roasted carrot	Spinich
Week 4	<i>F/V-1</i>	apple sauce	plum	Watermelon	Cantalope	Banana
	<i>B/G-1</i>	bulqar	Wheat bread	noodles	Barley	Fettaccini
	<i>M-1</i>	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%
PM SNACK	<i>P- 1/2</i>					
3pm	<i>F/V-1</i>					
Choose 2	<i>B/G-1</i>	Ritz crackers	Vanillia wafers	Oyster crackers	Grahm crackers	Saltines
	<i>M-1</i>	Peach	Nectarine	Grapes	Plum	Strawberries
Serving size 1-5 years		M= Fluid Milk 2% fat: 3/4 cup B/G= Bread / Grain: bread 1/2 slice ~ 1/3 cup cereal, grain or pasta ~ 1/2 serving muffin, roll, bagel P= Protien: Lean meat / Cheese 1.5oz ~ Cottage Cheese / Yogurt 3/8 cup or 3oz ~ Egg 1 ~ Nut Butter 3T ~ Beans 3/8 Cup F/V= Fruit or Vegetable: <u>Breakfast</u> 1/2 cup ~ <u>Lunch & Dinner</u> 2 or more kinds = 1/2 cup ~ <u>Snack</u> 1/2 Cup				
Serving size 6+ years		M= Fluid Milk 2% fat: 1cup B/G= Bread / Grain: 1 slice bread ~ 3/4 cup cereal, grain or pasta ~ 1 serving muffin, roll, bagel P= Protien: Lean meat / Cheese 2oz ~ Cottage Cheese / Yogurt 1/2 cup or 4oz ~ Egg 1 ~ Nut Butter 4T ~ Beans 1/2 Cup F/V= Fruit or Vegetable = <u>Breakfast</u> 1/2 cup ~ <u>Lunch & Dinner</u> 2 or more kinds = 3/4 cup ~ <u>Snack</u> 3/4Cup				
DINNER		<i>Bill's Meeting</i>	<i>Company</i>	<i>Quiet</i>	<i>Company</i>	<i>Quiet</i>
6pm	<i>P-1</i>	egg dish	chicken	Meat meal	asst meat or cheese	Hamburger helper
	<i>F/V-1</i>	fruit	fruit	fruit	fruit	fruit
	<i>F/V-1</i>	veg	veg	veg	veg	veg
	<i>B/G-1</i>	high fiber english muffin	stuffing / corn bread	Grain	Pasta dish	in mix
	<i>M-1</i>	Milk 2%	Milk 2%	Milk 2%	Milk 2%	Milk 2%



*** Note some meals will be modified to accommodate food availability