

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}		Orange Juice	Apple sauce	Banana	Orange juice
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) ^{7, 9}	CLOSED – New Year's Day	Cheerios (WGR)	Oatmeal (WGR)	Rice Chex Cereal (WGR)	French toast (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	CLOSED – New Year's Day	Meatballs in sauce	Breaded chicken patty	Hamburg slider with Cheese on bun (enriched)	Breaded fish square
Vegetables (¼ cup) ^{2, 3}		Diced carrots	Broccoli	Green beans	Corn
Fruits (¼ cup) ^{2, 4, 15}		Peaches	Pears	Peaches	Pineapple
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}		Penne (WGR)	Brown Rice (WGR)	Pasta salad (WGR)	Breading on Fish (WGR) Brown rice (WGR)
Other foods (<i>Do not credit</i>) ¹⁰		Corn bread sq. (enriched)			
Snack (AM or PM) ^{1, 16} <i>Select 2 of 5</i>	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk		1% Milk	1% Milk
2. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (¼ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)	CLOSED – New Year's Day		Low fat yogurt		
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{2, 4}			Fruit	Applesauce	Orange slices
5. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}		Graham crackers (enriched)			
Other foods (<i>Do not credit</i>) ¹⁰					

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Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Orange juice	Orange slices	Strawberries	Applesauce	Orange juice
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (½ cup) ^{7, 9}	Cheerios cereal (WGR)	Life Cereal (WGR)	Pancakes (WGR)	Oatmeal (WGR) with cinnamon	French toast (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1 % Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Cheese Lasagna	Chicken (1.5 oz) Stir Fry	Egg & Cheese Sandwich	Meatballs in sauce	Breaded chicken patty
Vegetables (¼ cup) ^{2, 3}	Garden salad	Stir Fry Veggie Mix	Peas & carrots	Green beans	Broccoli
Fruits (¼ cup) ^{2, 4, 15}	Pears	Pineapple	Peaches	Pears	applesauce
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}	Lasagna noodle (WGR) Bread & butter (enriched)	Brown rice (WGR)	English Muffin (enriched)	Ziti (WGR)	Rice pilaf (enriched)
Other foods (<i>Do not credit</i>) ¹⁰			Seasoned potatoes		
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
6. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk		1% Milk	1% Milk
7. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅙ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)			Yogurt (low fat)		
8. Vegetables (½ cup) ^{2, 3}		Apple			
9. Fruits (½ cup) ^{2, 4}			Peaches		Orange slices
10. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (½ cup) ^{7, 9}	Blueberry muffin (enriched)			Graham crackers (enriched)	
Other foods (<i>Do not credit</i>) ¹⁰					

Menu subject to change!

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}		Orange juice	Orange juice	Applesauce	Orange slices
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) ^{7, 9}	CLOSED – MLK Day	Cheerios (WGR)	Pancake WGR)	Oatmeal (WGR)	Life Cereal (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	CLOSED – MLK day	Breaded Fish	Cut up beef hot dog Baked beans	Macaroni & Cheese (Low fat cheddar cheese)	Breaded chicken
Vegetables (¼ cup) ^{2, 3}		Corn	Green beans	Carrots	Broccoli
Fruits (¼ cup) ^{2, 4, 15}		Peaches	Pineapple	Pears	Fruit cocktail
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}		Bread & butter (enriched)	Bread & butter (enriched)	Elbow (WGR)	Brown rice (WGR)
Other foods (<i>Do not credit</i>) ¹⁰		Scalloped potatoes	Seasoned potatoes		
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
11. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk		1% Milk	1% Milk
12. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅓ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)	CLOSED – MLK day		Low fat yogurt		
13. Vegetables (½ cup) ^{2, 3}					
14. Fruits (½ cup) ^{2, 4}			pineapple	Peaches	
15. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}		Enriched Bran Muffin			Wheat thins crackers
Other foods (<i>Do not credit</i>) ¹⁰					

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}	Orange juice	Applesauce	Orange juice	Strawberries	Banana
Grains ^{5, 6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) ^{7, 9}	French toast (WGR)	Oatmeal with cinnamon (WGR)	Cheerios (WGR)	Waffle (enriched)	Life Cereal (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Meatballs in sauce	Hamburg slider with Cheese on bun (enriched)	Cheese Lasagna	Chicken (1.5 oz) Stir Fry	Egg & Cheese Sandwich
Vegetables (¼ cup) ^{2, 3}	Green beans	Green beans	Garden salad	Stir Fry Veggie Mix	Peas & carrots
Fruits (¼ cup) ^{2, 4, 15}	Pears	Peaches	Pears	Pineapple	Peaches
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}	Ziti (WGR)	Pasta salad (WGR)	Lasagna noodle (WGR) Bread & butter (enriched)	Brown rice (WGR)	English Muffin (enriched)
Other foods (<i>Do not credit</i>) ¹⁰					Seasoned potatoes
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
16. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk		
17. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅓ cup) or egg (½ large) or cooked dry beans and peas (¼ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)				Slice of cheese	Low fat yogurt
18. Vegetables (½ cup) ^{2, 3}					
19. Fruits (½ cup) ^{2, 4}		Mixed fruit		Apple juice	Apple slices
20. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7, 9}	Blueberry muffin (enriched)		Graham crackers (enriched)		
Other foods (<i>Do not credit</i>) ¹⁰				Ritz crackers	

Breakfast ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Vegetables, fruits, or portions of both (½ cup) ^{2,3,4}	Orange slices	Orange juice	Applesauce	Strawberries	Applesauce
Grains ^{5,6} <i>Indicate "WGR" next to WGR menu items</i> Whole grain-rich (WGR) or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified ready-to-eat (RTE) breakfast cereal (⅓ cup) ^{7,9}	Bran Muffin (enriched)	Rice Chex Cereal (WGR)	Oatmeal with cinnamon (WGR)	Waffle (enriched)	Pancake (WGR)
Other foods (<i>Do not credit</i>) ¹⁰					
Lunch ¹	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>	1% Milk	1% Milk	1% Milk	1% Milk	1% Milk
Meat/Meat Alternates ¹¹ Meat, poultry, or fish (1 ½ ounces) or tofu, soy product, or alternate protein products (APP) ¹² (1 ½ ounces) or cheese (1 ½ ounces) or cottage cheese (¾ cup) or egg (¾ large) or cooked dry beans and peas (¾ cup) or peanut butter (3 tablespoons) or nuts and seeds (¾ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Grilled Chicken with Alfredo sauce	Cut up beef hot dogs Baked beans	Egg & Cheese Sandwich	Breaded chicken	Breaded fish sq.
Vegetables (¼ cup) ^{2,3}	Garden salad	Green beans	Broccoli	Peas & carrots	Corn
Fruits (¼ cup) ^{2,4,15}	Pineapple	Pears	Pineapple	Peaches	Pears
Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7,9}	Penne Pasta (WGR)	Bread & butter (enriched)	Eng. Muffin (enriched)	Brown Rice (WGR)	Bread & butter (enriched)
Other foods (<i>Do not credit</i>) ¹⁰			Seasoned potatoes		Mashed potatoes
Snack (AM or PM) ^{1,16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
21. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>		1% Milk		1% Milk	1% Milk
22. Meat/Meat Alternates ¹¹ Meat, poultry, or fish (½ ounce) or tofu, soy product, or APP ¹² (½ ounce) or cheese (½ ounce) or cottage cheese (⅓ cup) or egg (½ large) or cooked dry beans and peas (½ cup) or peanut butter (1 tablespoon) or nuts and seeds (½ ounce) ¹³ or yogurt or soy yogurt ¹⁴ (¼ cup)	Low fat yogurt				
23. Vegetables (½ cup) ^{2,3}					
24. Fruits (½ cup) ^{2,4}	Banana	Apple	Apple juice		Mixed fruit
25. Grains ⁵ <i>Indicate "WGR" next to WGR menu items</i> WGR or enriched bread (½ slice) or WGR or enriched bread product, e.g., biscuit, roll, or muffin (½ serving) or WGR, enriched, or fortified cooked breakfast cereal ⁷ , cereal grain ⁸ , or pasta (¼ cup) or WGR, enriched, or fortified RTE breakfast cereal (⅓ cup) ^{7,9}			Wheat Thin crackers (WGR)	Corn Muffin (enriched)	
Other foods (<i>Do not credit</i>) ¹⁰					