

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
Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}			Orange juice	Orange Slices	Apple 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	CLOSED – 4th July Holiday	Cheerios (WGR)	Corn Flakes Cereal (RTE)	Pancake (enriched)
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
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 (¼ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	CLOSED	CLOSED – 4th July Holiday	Meatballs in sauce	Fish square	Breaded Chicken
Vegetables (¼ cup) ^{2, 3}			Broccoli	Diced carrots	Peas & Carrots
Fruits (¼ cup) ^{2, 4, 15}			Peaches	Fruit cocktail	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 (⅓ cup) ^{7, 9}			Bun (enriched)	Wheat bread (WGR)	Breading on Chicken (WGR) Rice Pilaf
Other foods (<i>Do not credit</i>) ¹⁰				Mashed potatoes	
Snack (AM or PM) ^{1, 16} Select 2 of 5	Monday	Tuesday	Wednesday	Thursday	Friday
1. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>			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 (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)	CLOSED	CLOSED – 4th July Holiday		Low fat cheese stick	
3. Vegetables (½ cup) ^{2, 3}					
4. Fruits (½ cup) ^{2, 4}			Applesauce ½ c	Apple-grape juice	Orange slices ½ c
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 (⅓ cup) ^{7, 9}					
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	Applesauce	Orange juice	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 (⅓ cup) ^{7,9}	Life Cereal (WGR)	Cheerios cereal (WGR)	French Toast sticks (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 (¼ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Macaroni & Cheese (low fat cheddar cheese)	Cheese Ravioli (4-5) In sauce	Grilled Chicken in Pasta salad	Breaded fish square	Eng muffin - Cheese pizza (mozzarella ch)
Vegetables (¼ cup) ^{2,3}	Peas & Carrots	Green beans	Corn	Carrots	Broccoli
Fruits (¼ cup) ^{2,4,15}	Fruit cocktail	Pears	Pineapple	Fruit cocktail	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}	Penne Pasta (WGR)	Wheat bread & butter (WGR)	Wheat bread & butter (WGR) Pasta salad (WGR)	Breading WGR	English Muffin (WGR)
Other foods (<i>Do not credit</i>) ¹⁰				Scalloped 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
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)	Cheese slices	
8. Vegetables (½ cup) ^{2,3}					
9. Fruits (½ cup) ^{2,4}		Fruit cocktail	peaches	Apple juice	Watermelon 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 (⅓ cup) ^{7,9}	Enriched Oat bran Muffin				
Other foods (<i>Do not credit</i>) ¹⁰				Ritz crackers	

Menu subject to change!

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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 slices ½ c	Orange juice	Orange juice	Banana	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 Sticks (WGR)	Cheerios (WGR)	Rice Chex Cereal (WGR)	Enriched Oat bran muffin	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 (¼ ounce = 50%) ¹³ or yogurt or soy yogurt ¹⁴ (¾ cup)	Cheese Ravioli (4-5) In sauce	Grilled cheese on wheat	Cheese Lasagna with sauce	Breaded chicken	Sliced chicken strips
Vegetables (¼ cup) ^{2,3}	Broccoli	Peas & Carrots	Green beans	Corn	Garden salad
Fruits (¼ cup) ^{2,4,15}	Pears	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}		Wheat bread (WGR)	Lasagna noodles (WGR)	Breading on Chicken (WGR) Rice Pilaf	Wheat roll (WGR)
Other foods (<i>Do not credit</i>) ¹⁰		Tomato Soup			
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 (¼ 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)	Low fat yogurt			Low fat yogurt	
13. Vegetables (½ cup) ^{2,3}					
14. Fruits (½ cup) ^{2,4}	Strawberries		Fruit cocktail	Peaches	Apple or orange
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 Blueberry Muffin			
Other foods (<i>Do not credit</i>) ¹⁰					

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Vegetables, fruits, or portions of both (½ cup) ^{2,3,4}	Applesauce	Orange juice	Pineapple - Orange juice	applesauce	Strawberries
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 Sticks (WGR)	Cheerios (WGR)	Life Cereal (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)	Beef patty slider	Egg & Cheese on English Muffin	Breaded chicken patty	Meatballs & sauce Slice of cheese	Cheese Ravioli (4-5) In sauce
Vegetables (¼ cup) ^{2,3}	Green Salad	Broccoli	Corn	Green beans	Peas & carrots
Fruits (¼ cup) ^{2,4,15}	Peaches	Fruit cocktail	Applesauce	Pears	Diced peaches
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Other foods (<i>Do not credit</i>) ¹⁰	Macaroni salad with vegs (WGR)	Seasoned potatoes	Mashed 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 (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	Cheese stick 1%		
18.Vegetables (½ cup) ^{2,3}					
19.Fruits (½ cup) ^{2,4}	Fruit cocktail	Strawberries	Apple	Watermelon 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}					Enriched Blueberry muffin
Other foods (<i>Do not credit</i>) ¹⁰					

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Vegetables, fruits, or portions of both (½ cup) ^{2, 3, 4}					
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}					
Other foods (<i>Do not credit</i>) ¹⁰					
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Vegetables (¼ cup) ^{2, 3}					
Fruits (¼ cup) ^{2, 4, 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}					
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
21. Milk (¾ cup) <i>Unflavored low-fat (1%) or unflavored fat-free</i>					
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 (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)					
23. Vegetables (½ cup) ^{2, 3}					
24. Fruits (½ cup) ^{2, 4}					
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}					
Other foods (<i>Do not credit</i>) ¹⁰					