

WEEK 3 Cycle Menu

Menu For:  
February 20-24

	Child meal pattern food components:	MONDAY 2-20	TUESDAY 2-21	WEDNESDAY 2-22	THURSDAY 2-23	FRIDAY 2-24
<b>BREAKFAST</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Vegetable/Fruit/Juice</b>	Fresh Oranges	Fresh Blueberries	Fresh Blackberries	Fresh Pears	Fresh Mixed Berries
	<b>Grains/Breads</b>	Cereal	Whole Wheat Toast	Whole Wheat Banana Bread	Cheese Grits	English Muffin
	<b>Extras:</b>		Scrambled Eggs			Bacon
<b>LUNCH</b>	<b>Milk</b>	Milk	Milk	Milk	Milk	Milk
	<b>Meat/Meat Alternate</b>	Macaroni & Cheese	Chicken Stir Fry Alt: Tofu Stir Fry	Baked Ham ALT: Boiled Egg	Cheese Quesadilla w/peppers and onions	Spaghetti & Meatballs Alt: Cheesy Spaghetti
	<b>Vegetable or Fruit</b>	Broccoli	Stir Fry Vegetables	Sweet Potatoes	Fiesta Corn	Green Beans
	<b>Vegetable or Fruit</b>	Sliced Peaches	Mandarin Oranges	Pineapple Slices	Fresh Apples	Apricots
	<b>Grains/Breads</b>	Pasta	Whole Wheat Rice	Saltine Crackers	Whole Wheat Tortilla	Whole Wheat Spaghetti
	<b>Extras:</b>					
<b>SNACK (select 2)</b>	<b>Milk</b>					Milk
	<b>Meat/Meat Alternate</b>		Vanilla Yogurt			
	<b>Vegetable/Fruit/Juice</b>	Applesauce	Fresh Strawberries	Sliced Peaches	Honeydew	Banana
	<b>Grains/Bread</b>	Whole Wheat Pretzel		Goldfish	Oyster Crackers	
	<b>Extras:</b>					<b>Birthday Snack- Chocolate Chip Cookie</b>

\*Kix's, Rice Crispy, Cheerios