

WEEK 4 Cycle Menu

Menu For:
February 27-March 3

	Child meal pattern food components:	MONDAY 2-27	TUESDAY 2-28	WEDNESDAY 3-1	THURSDAY 3-2	FRIDAY 3-3
BREAKFAST	Milk	Milk	Milk	Milk	Milk	Milk
	Vegetable/Fruit/Juice	Fresh Banana	Fresh Strawberries	Fresh Sliced Apples	Apricots	Applesauce
	Grains/Breads	Cereal *	Croissant	Oatmeal	Assorted Muffins	Pancakes
	Extras:		Jelly			Syrup
LUNCH	Milk	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate	Baked Chicken Alt: Kidney Beans	Vegetable Lasagna with White Sauce	Turkey Chili Alt: Vegetarian Chili	Grilled Cheese	Mongolian Beef Alt: Mongolian Tofu
	Vegetable or Fruit	Mashed Potatoes	Vegetable Medley	Cauliflower	Mixed Veggies	Broccoli
	Vegetable or Fruit	Fresh Grapes	Fresh Pears	Fresh Oranges	Fruit Salad	Fresh Cantaloupe
	Grains/Breads	Whole Wheat Dinner Roll	Whole Wheat Noodles	Whole Wheat Crackers	Whole Wheat Bread	Whole Grain Penne Pasta Tossed in Garlic
	Extras:	Gravy				
SNACK (select 2)	Milk					Milk
	Meat/Meat Alternate		Hummus		Carrot Sticks	Peach Yogurt
	Vegetable/Fruit/Juice	Sliced Peaches		Diced Pineapple		Raisins
	Grains/Bread	Sun Chips	Whole Wheat Club Crackers	Soft Pretzel	Saltine Crackers	
	Extras:				Ranch	

*Kix's, Rice Crispy, Cheerios