

9/25/2017 wk 2

	Monday	1-2	3-5	Tuesday	1-2	3-5	Wednesday	1-2	3-5	Thursday	1-2	3-5	Friday	1-2	3-5
AM Snack															
fluid	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.
grain	Crispis	1/2 c.	1/2c.	raisin bran	1/2 c.	1/2 c.	corn flakes	1/2 c.	1/2 c.	rice crispies	3/4 c..	3/4 c	Oat O's	1/2 c.	1/2 c.

Breakfast															
grain	Veggie Sausage patty	1 oz	1 oz	Biscuit	1	1	carrot/applesauce muffin	1	1	Enlish Muffin	1/2	1/2	Pita	1/2	1/2
fruit	grape juice	1/4 c.	1/2 c.	apple juice	1/4 c.	1/2 c.	orange juice	1/4 c.	1/2 c.	banana	1/2	1/2	apple slices	1/4 c.	1/2 c.
fluid	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.
other				jelly						butter			cream cheese		

Lunch

	BBQ Chicken Sandwich			Salisbury Steak			BBQ Pulled Pork Sandwich			Bean and Rice Burrito			Pepperoni Flat Bread Pizza		
meat	BBQ Chicken	1 oz	1.5 oz	steak patty	1 oz	1.5 oz	pulled pork	1 oz	1.5 oz	veg. re-fried bean	1 oz	1.5 oz	Pepperoni Flat Bread Pizza	1 oz	1.5oz
meat alt.	BBQ tofu	1 oz	1.5 oz	Black bean patty	1 oz	1.5 oz	BBQ Veggie crumble	1 oz	1.5 oz	veg. re-fried bean	1 oz	1.5oz	Veggie (flat bread)	1 oz	1.5oz
Vegetable	broccoli carrot mix	1/8 c.	1/4 c.	skinless roasted potatoes	1/8 c.	1/4 c.	baked beans	1/4 c.	1/2 c.	corn	1/8 c.	1/4 c.	green beans	1/8 c.	1/4 c.
fruit / veg	grapes 3-5														
	applesauce 0-2	1/8 c.	1/4 c.	peaches	1/8 c.	1/4 c.	Melon salad	1/8 c.	1/4 c.	apricots	1/8 c.	1/4 c.	mandarin oranges	1/8 c.	1/4 c.
grain	bun	1/2	1	dinner roll	1	1	wheat bun	1/2	1	flour tortilla	1	1	(flatbread)	1 oz	1oz
fluid	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.	milk	1/2 c.	3/4 c.
other				gravy	1/4 c.	1/4 c.				rice, cheese			mozzarella cheese stick	1	1

PM Snack															
grain	apple muffin	1/2	1							Bosco Sticks	1/2	1	Assorted crackers	4	4
fruit				Strawberries	1/2 c.	1/2 c.	Pineapple	1/2 c.	1/2 c.						
vegetable															
fluid	milk	1/2 c.	1/2 c.	water	1/2 c.	1/2 c.	water	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.	milk	1/2 c.	1/2 c.
				yogurt	1/4 c.	1/4 c.	Cottage Cheese	1/4 c.	1/4 c.				Cheese slice	1	1

dietary substitutions															
Lunch	gluten			gluten			gluten			gluten & dairy			gluten & dairy		
PM snack	gluten			gluten			gluten			gluten & dairy			gluten & dairy		
	gluten			dairy			dairy			gluten & dairy			gluten & dairy		