

Snack

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Vanilla Dots– 1 oz Apple Juice – 4 oz WEEK 1	Whole Grain Animal Crackers – 1 oz Grape Juice– 4oz	Whole Grain Corn Muffin – 1 oz Apple Juice – 4 oz	Whole Wheat Bread w/ Cheese -2 oz Orange Juice– 4oz	Non Fat Yogurt- 4 oz Pineapple Juice – 4oz
Whole Grain Pretzels-1 oz Orange Juice– 4oz WEEK 2	String Cheese 1 oz Apple Juice – 4 oz	Whole Grain Honey Graham Crackers– 1 oz Grape Juice– 4oz	Bread Sticks– 2 oz Apple Juice – 4 oz	Whole Grain Animal Crackers– 1 oz Pineapple Juice– 4oz
Whole Wheat Squares – 2 oz Apple Juice– 4oz WEEK 3	Whole Grain Blueberry Muffin – 1 oz Orange Juice - 4 oz	String Cheese-1 oz Pineapple Juice– 4oz	Whole Grain Cheese It Crackers – 1 oz Grape Juice– 4oz	Ritz Crackers -2 oz Apple Juice– 4oz
Whole Grain Animal Crackers – 1 oz Orange Juice– 4oz Week 4	Baked Tortilla Scoops – 1 oz Pineapple Juice – 4 oz	Non Fat Yogurt -4 oz Apple Juice– 4oz	Whole Grain Honey Graham Crackers– 1 oz Grape Juice – 4 oz	Whole Grain Pretzels-1 oz Apple Juice– 4oz

03/01/2019 - 04/30/2019

****Five Loaves Food Service Reserves the right to substitute items of same food components****

*****All Whole Wheat or Whole Grain Products are Whole Grain Rich*****

LUNCH

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Chicken Patty- 3 oz Whole Wheat Bun – 1 oz California Blend– 4 oz Apple -4 oz Milk 1% - 6oz WEEK 1	(**) Turkey & Cheese – 3 oz Whole Wheat Bread -2 oz Tatar Tots – 4 oz Pineapple – 4oz Milk 1% -6oz	(**) Baked Ziti w/ Cheese- 6 oz Sweet Peas– 4 oz Banana – 4oz Milk 1% - 6oz	Breaded Baked Chicken w/ Gravy- 3 oz Egg Wide Noodles- 4 oz Carrot Sticks– 4 oz Apple – 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza – 4 oz Green Salad w/ Dressing– 4 oz Orange– 4oz Milk 1%-6oz
Beef Hamburger– 3 oz Whole Wheat Bun – 1 oz Mashed Potatoes– 4 oz Banana– 4oz Milk 1%-6oz WEEK 2	(**) Whole Grain Cheese Lasagna – 4 oz Mixed Vegetables– 4oz Pineapple– 4oz Milk 1%-6oz	(**) Baked Macaroni w/ Cheese – 6 oz Green Beans– 4 oz Banana – 4oz Milk 1% - 6oz	Grilled Chicken w/ Gravy– 3 oz Brown Rice – 4 oz Salad w/ Dressing- 4oz Apple – 4oz Milk 1%-6oz	Whole Grain Fish Sticks– 3 oz Wide Egg Noodles – 4 oz Carrot Sticks - 4oz Orange – 4oz Milk 1% - 6oz
Beef Meatball w/ Tomato Sauce– 3 oz Whole Wheat Bun – 1 oz Sweet Corn– 4 oz Apple– 4oz Milk 1%-6oz WEEK 3	Turkey Ham & Cheese - 3 oz 6 inch Whole Wheat Wrap– 1 oz Tatar Tots – 4 oz Orange– 4oz Milk 1%-6oz	(**) Baked Ziti w/ Cheese – 6 oz Sweet Peas – 4 oz Banana – 4 oz Milk 1% - 6 oz	Turkey Meatloaf w/ Gravy -3oz Brown Rice– 4oz Salad w/ Dressing– 4oz Melon– 4oz Milk 1%-6oz	Open Hot Turkey w/ Gravy - 3 oz Mashed Potatoes– 4oz Whole Wheat Dinner Roll – 1 oz Banana– 4oz Milk 1%-6oz
Grilled Chicken w/ Gravy – 3 oz 6 inch Whole Wheat Wrap- 1 oz Butter Nut Squash– 4 oz Banana– 4oz Milk 1% - 6oz WEEK 4	Beef Hamburger– 3 oz Whole Wheat Bun – 1 oz Vegetarian Beans – 4 oz Pineapple– 4oz Milk 1%-6oz	(**) Baked Macaroni & Cheese – 6 oz Green Beans – 4 oz Banana – 4oz Milk 1% -6oz	Chicken Teriyaki – 3 oz Rice Pilaf- 4oz Carrot Sticks- 4oz Orange– 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza – 4 oz Salad w/Dressing– 4oz Apple– 4oz Milk 1% - 6oz

(**) 2 oz of Cheese Per Serving Size 03/01/2019 - 04/30/2019 (*) 2 oz of Meat Per Serving Size
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