

PM SNACK

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|---|--|---|
| Whole Wheat Crackers- 2 oz Apple Juice - 4 oz | Breadsticks-1 oz Grape Juice- 4oz | Corn Muffin- 1 oz Apple Juice - 4 oz | Non Fat Yogurt -4 oz Orange Juice- 4oz | Ritz Crackers- 1 oz Pineapple Juice - 4oz |
| Whole Grain Honey Graham -1 oz Orange Juice- 4oz | Whole Grain Cheese it Crackers -1 oz Apple Juice - 4 oz | String Cheese - 1 oz Grape Juice- 4oz | Bread Sticks- 1 oz Apple Juice - 4 oz | Whole Grain Animal Crackers - 1 oz Pineapple Juice- 4oz |
| Whole Grain Cheese It Crackers - 1 oz Apple Juice- 4oz | Whole Grain Blueberry Muffin - 1 oz Orange Juice - 4 oz | Non Fat Yogurt-4 oz Pineapple Juice- 4oz | Whole Grain Animal Crackers - 1 oz Grape Juice- 4oz | Whole Wheat Crackers -2 oz Apple Juice- 4oz |
| Bread Sticks- 1 oz Orange Juice- 4oz | Whole Wheat Bread w/ Cheese - 2 oz Pineapple Juice - 4 oz | String Cheese -1 oz Apple Juice- 4oz | Ritz Crackers- 1 oz Grape Juice - 4 oz | Whole Grain Honey Graham Crackers -1 oz Apple Juice- 4oz |

05/01/2019 - 06/30/2019

****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 |
|---|--|--|--|---|
| Swedish Meatball w/Gravy - 3 oz Whole Wheat Bun – 1 oz Sweet Corn– 4 oz Apple -4 oz Milk 1% - 6oz | Baked Chicken w/ Gravy – 3 oz Whole Wheat Wrap -1 oz Italian Blend – 4 oz Pineapple – 4oz Milk 1% -6oz | (**) Whole Grain Baked Macaroni w/ Cheese- 6 oz Green Beans– 4 oz Banana – 4oz Milk 1% - 6oz | Turkey Meatloaf w/ Gravy- 3 oz Brown Rice- 4 oz Celery Sticks– 4 oz Apple – 4oz Milk 1%-6oz | (**) Whole Grain Cheese Lasagna – 4 oz Green Salad w/ Dressing– 4 oz Orange– 4oz Milk 1%-6oz |
| Breaded Chicken– 3 oz Whole Wheat Wrap – 1 oz Steamed Broccoli– 4 oz Banana– 4oz Milk 1%-6oz | Beef Hamburger– 3 oz Mashed Potatoes– 4oz Whole Wheat Bun – 1 oz Pineapple– 4oz Milk 1%-6oz | (**) Whole Grain Baked Ziti w/ Cheese – 6 oz Mixed Vegetables– 4 oz Banana – 4oz Milk 1% - 6oz | Baked Chicken w/ Gravy– 3 oz Vegetable Lo Mein – 4 oz Carrot Sticks- 4oz Apple – 4oz Milk 1%-6oz | (**) Whole Grain Cheese Pizza– 4 oz Salad w/ Dressing - 4oz Orange – 4oz Milk 1% - 6oz |
| Whole Grain Chicken Patty– 3 oz Whole Wheat Bun – 1 oz Italian Blend– 4 oz Apple– 4oz Milk 1%-6oz | (**) Turkey & Cheese - 3 oz Whole Wheat Wrap– 1 oz Tatar Tots – 4 oz Orange– 4oz Milk 1%-6oz | (**) Whole Grain Baked Macaroni w/ Cheese – 6 oz Green Beans – 4 oz Banana – 4 oz Milk 1% - 6 oz | Rosemary Italian Chicken 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 |
| Beef Hamburger– 3 oz Whole Wheat Bun- 1 oz Vegetarian Beans– 4 oz Banana– 4oz Milk 1% - 6oz | (**) Whole Grain Cheese Pizza– 4 oz– House Salad w/ Dressing – 4 oz Pineapple– 4oz Milk 1%-6oz | (**) Whole Grain Baked Ziti & Cheese – 6 oz Sweet Peas – 4 oz Banana – 4oz Milk 1% -6oz | BBQ Chicken – 3 oz Brown Rice- 4oz Salad w/ Dressing- 4oz Orange– 4oz Milk 1%-6oz | Whole Grain Chicken Nuggets – 4 oz Spaghetti w/ Tomato Sauce – 4 oz Carrot Sticks– 4oz Apple– 4oz Milk 1% - 6oz |

(**) 2 oz of Cheese Per Serving Size 05/01/2019 - 06/30/2019 (*) 2 oz of Meat Per Serving Size

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