

## Cycle #1 Menu

Meal Served	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Milk	Milk	Milk	Milk	Milk
	Frozen French Toast Sticks	<u>Breakfast Squares</u> - Whole grain crust, turkey sausage, mozzarella cheese, marinara sauce	Muffins	Kix Cereal	<u>Cinnamon Toast</u> - Whole grain bread, butter, cinnamon sugar
	Fresh Bananas	Seasonal Fruit	Fresh Oranges	100% Orange Juice	Seasonal Fruit
<b>A.M. Snack</b>	Veggie Straws	Mini Apple Bites	Saltines	Jello	Chex Mix
<b>Lunch</b>	Milk	Milk	Milk	Milk	Milk
	<u>Bean &amp; Cheese Burritos</u> - Refried beans, cheddar cheese, tortilla	<u>Ham Fried Rice</u> - Ham, egg, rice, carrots and peas	<u>Peanut Butter &amp; Jelly Sandwiches</u> - Whole grain bread, jelly, peanut butter (for over 1 year, unless parent approved)	<u>Chicken Patty Sandwiches</u> - Frozen chicken patties, whole grain bun	<u>Lunchables</u> - Ritz crackers, turkey lunch meat, cheddar cheese slices
	Frozen Corn	Canned Mandarin Oranges	String Cheese	Frozen Mixed Vegetables	Canned Pears
	Seasonal Produce	Whole Grain Bread	Canned Peaches	Seasonal Produce	Baby Carrots
<b>P.M. Snack</b>	Whole Grain Wheat Thins	Baby Carrots & Cucumbers	Cheez-Its	Tortilla Chips	Graham Crackers
	Cottage Cheese	Ranch	Seasonal Produce	Salsa & Nacho Cheese	Nutella
	Water	Milk	Water	Milk	Milk

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**Milk Served:** 1 yr - Whole Milk, 2 yr to 12 yr - 1% Milk

\*Fruits and Vegetables substituted with seasonal produce whenever possible