

## Spring/Summer Menu

### Menu # 1

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Between Meal Eating (A.M.)</b> Milk and/or Fruit, juice, or vegetables Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	LEMON BLUEBERRY LOAF  MILK	MULTI-GRAIN CHEERIOS WITH BANANA  MILK	MINI WHOLE WHEAT CROISSANT WITH JAM  MILK	STRAWBERRY YOGURT  GRAHAM CRACKERS  MILK	TOAST (WHOLE WHEAT) APPLE BUTTER  MILK
<b>Noonday Meal</b> Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	TUNA CASSEROLE  SALAD  WHOLE WHEAT BREAD  CUCUMBER COINS  PINEAPPLE  MILK	STEW CHICKEN WITH RICE AND PEAS  CARROT STICKS  RED APPLES  MILK	SALISBURY STEAK ON A BUN  POTATO WEDGES  CHERRY TOMATOES  ORANGES  MILK	TOMATO VEGETABLE SOUP  CHICKEN BREAST FILLET(S)(BAKED)  WHOLE WHEAT BREAD  GREEN PEPPER WEDGES  GRAPES  MILK	CHILI WITH SHREDDED CHEESE  LETTUCE TORTILLAS  PLUM TOMATOES  NECTARINE  MILK
<b>Between Meal Eating (P.M.) - around 3:30PM</b>		PEARS RICE CAKES MILK	BLUEBERRY SCONES MILK	MILD CHEESE WW PREIMUM PLUS CRACKERS & JUICE	MINI WW PITA WITH EGG SALAD WATER	CARROT POPPERS MILK
<b>Between Meal Eating (P.M.) - around 5:30PM</b>		BROCCOLI FLORETTES MILK	VANILLA PUDDING PEACH SLICES	LIME COCONUT BISCUITS MILK	WW VEGETABLE THINS MILK	HARD BOILED EGGS WATER

## Menu # 2

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Between Meal Eating (A.M.)</b> Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	CORN BRAN CEREAL WITH BLUEBERRIES  MILK	TEA BISCUITS WITH RAISINS  MILK	WHOLE WHEAT MINI PITA WITH CREAM CHEESE  JUICE	PEACHES & CREAM YOGURT WITH WW TOAST WATER	OATMEAL WITH BROWN SUGAR  MILK
<b>Noonday Meal</b> Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	CHICKEN ADOBO  BROWN RICE  COOKED VEGETABLE  CHERRY TOMATOES  GREEN APPLES  MILK	VEGETABLES GROUND BEEF PIZZA AND VEGETABLE PIZZA  SALAD  CARROT STICKS  ORANGES  MILK	BAKED CHICKEN TENDERS WITH ROSTI POTATOES  PEPPER WEDGES  PINEAPPLE  MILK	SPAGHETTI WITH MEAT SAUCE  FRENCH BREAD SALAD  CUCUMBER COINS  GREEN GRAPES  MILK	COUNTRY STYLE VEGETABLE SOUP  CHEESE SANDWICHES  PLUM TOMATOES  CANTALOUPE  MILK
<b>Between Meal Eating (P.M.) - around 3:30PM</b>		TORTILLA CHIPS SALSA MILK	NECTARINE GRANOLA BARS WATER	FRUIT COCKTAIL OATMEAL COOKIES MILK	CHEESE SPREAD MELBA TOAST WATER	TUNA SALAD SANDWICH MILK
<b>Between Meal Eating (P.M.) - around 5:30PM</b>		STONED WHEAT CRACKERS CELERY STICKS WATER	CARROT STICKS RASPBERRY YOGURT	CHERRY TOMATOES MILK	APPLE CRANBERRY BAR MILK	PEARS & MILK

### Menu # 3

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Between Meal Eating (A.M.)</b> Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	MINI WHOLE WHEAT BAGEL & CREAM CHEESE  MILK	WHOLE WHEAT SHREDDIES  MIXED FRUIT  MILK	MULTI GRAIN BREAD WITH MARGARINE  MILK	RASPBERRY YOGURT & ANIMAL CRACKERS  MILK	WW ENGLISH MUFFIN WITH CHEESE SPREAD  JUICE
<b>Noonday Meal</b> Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	EGG SALAD HARVEST VEGETABLE SOUP  SALAD  CUCUMBER COINS  ORANGES  WHOLE WHEAT BREAD  MILK	COD FISH BAKED POTATO WEDGES  SALAD  CELERY STICKS  PEARS  WHOLE WHEAT DINNER ROLLS  MILK	VEGETABLE FRITTATA  SALAD  PLUM TOMATOES  PINEAPPLE  WHOLE WHEAT BREAD  MILK	CHICKEN STEAKETTES & RICE NOODLE WITH VEGETABLES  PEPPER WEDGES  GRAPES  WHOLE WHEAT DINNER ROLLS  MILK	BEEF & EGG NOODLE CASSEROLE  CARROT STICKS  BANANA  WHOLE WHEAT BREAD  MILK
<b>Between Meal Eating (P.M.) - around 3:30PM</b>		PLUMS WHOLE GRAIN GOLDFISH MILK	APPLE SPICE MUFFINS MILK	JELLO DIGESTIVE COOKIES MILK	APPLE SAUCE BREAD STICKS MILK	BLUEBERRY SCONES WITH JAM MILK
<b>Between Meal Eating (P.M.) - around 5:30PM</b>		CHEDDAR RICE CAKES PEPPER WEDGES MILK	CARROT STICKS MILK	ORANGES & MILK	WW PREMIUM CRACKERS CHEDDAR CHEESE	HUMMUS BREAD STICKS MILK

## Menu # 4

C:Cup T:Tablespoon G:Gram

Menu Guide	Average Serving Size	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Between Meal Eating (A.M.)</b> Milk and/or Fruit, juice, or vegetable Bread, sandwich or cereal, enriched or whole grain	1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/4 -1/3 C	OATMEAL WITH BROWN SUGAR & MILK	MULTI GRAIN BAGEL WITH CHEDDAR CHEESE	GRILLED CHEESE SANDWICHES & MILK	BLUEBERRY YOGURT GRANOLA BARS & MILK	CORN BRAN CEREAL & MILK
<b>Noonday Meal</b> Meat and/or alternate one of the following or a combination Cooked meat, fish, poultry cheese egg cooked dry beans Vegetables and/or fruit Bread or Milk	30 - 45 G 30 - 45 G 1 1/4 -1/2 C 1/4 -1/2 C 1/4 -1/2 slice 1/2 - 3/4 C	MEXICAN MEATBALLS WITH BROWN RICE  CHERRY TOMATOES  WW BREAD  GREEN APPLES  MILK	VEGETABLE LASAGNA  SALAD  CUCUMBER COINS  GARLIC BREAD  CANTALOUPE  MILK	FISH BURGER POTATO WEDGES  SALAD  CARROT STICKS  WHOLE WHEAT DINNER ROLLS PEARS  MILK	SPAGHETTI WITH MEAT SAUCE  SALAD  PLUM TOMATOES  GARLIC BREAD  GRAPES  MILK	MINESTRONE SOUP WITH CREAM CHEESE WW BAGELS  PEPPER WEDGES  NECTARINES  MILK
<b>Between Meal Eating (P.M.) - around 3:30PM</b>		PINEAPPLE TIDBITS WITH OATMEAL COOKIES MILK	BANANA BREAD MILK	SPINACH DIP BREAD STICKS MANDARIN SEGMENTS	SALMON SALAD SANDWICH JUICE	FROZEN YOGURT BANANA
<b>Between Meal Eating (P.M.) - around 5:30PM</b>		BANANA WITH TRISCUIT CRACKERS	WHEAT THINS CRACKERS MILK	RED APPLES DIGESTIVE COOKIES WATER	BROCCOLI FLORETTES MILK	PLUMS & MILK