

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	 <p>Grapefruit and Oatmeal with Milk</p>	<p>Frozen Berries with Yogurt and Hard Boiled Egg<sup>1</sup> with Milk</p>	 <p>Diced Peaches and WG<sup>2</sup> Bagel with Cream Cheese with Milk</p>	<p>Oranges and Waffles with Syrup with Milk</p>	<p>Apple and WG<sup>2</sup> English Muffin with Jam with Milk</p>
Lunch/ Supper	<p><u>WG<sup>2</sup> Tortillas and Cheese Casserole, Broccoli, and Orange Wedges with Milk</u></p>	 <p><u>Tuscan Style Pasta with Cannellini, Sweet Potato, and Banana with Milk</u></p>	<p>Baked Chicken, <u>Leek and Mushroom Orzo, Carrots, and Pear with Milk</u></p>	 <p><u>Tuna Sandwich, Spinach Salad with Radish, and Pineapple Tidbits with Milk</u></p>	<p>Teriyaki Seasoned Turkey Breast, Seasoned Brown Rice, Beets, and Honeydew Melon with Milk</p>
Snack	<p>Sliced Cucumber with Balsamic Vinaigrette, and 100% Juice</p>	<p><u>Cereal Munch Mix</u></p>	 <p>WG<sup>2</sup> Tortilla Chips and <u>Black Bean Hummus</u></p>	<p>Yogurt and Grapes</p>	 <p>Hummus with Carrots and Celery Sticks</p>

<sup>1</sup>Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

<sup>2</sup>WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

If following Offer Versus Serve (OVS) then at least 4 food items must be offered at breakfast and adults must pick 3 for a reimbursable meal. At lunch/supper adults must take at least 3 food items for a reimbursable meal.

For complete meal patterns please go to [www.fns.usda.gov](http://www.fns.usda.gov).

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	WG <sup>2</sup> Tortilla with Egg and Cheese, and Apple with Milk	 Cream of Wheat with Rainbow Fruit Medley with Milk	Ready to Eat Cereal and Peaches with Milk	 Cranberry Granola with Yogurt and Banana with Milk	WG Pancakes <sup>2</sup> with Turkey Sausage <sup>1</sup> and Diced Pears with Milk
Lunch/ Supper	Chicken Patty on Whole Wheat Bun, Cherry Tomato and Corn Salad, and Honeydew Melon with Milk	Turkey and Cheese Sandwich, Celery Sticks, and Fruit Cocktail with Milk	 Beef Meatballs, WG Spaghetti with sauce, Salsa, and Pineapple Tidbits with Milk	Tuna Chow Mein Casserole, Chinese Mixed Vegetables, and Oranges with Milk	 Chicken, Indian Pilaf, Curry Vegetables, and 100% Apple Juice with Milk
Snack	 WG <sup>2</sup> Crackers and Cheese Cubes	Carrots and Hummus	Celery with Peanut Butter and Raisins	 Zucchini with Ranch Dressing and Soft Pretzel	Peaches and Yogurt

<sup>1</sup>Meat/meat alternative can replace a grain at breakfast up to 3 times per week.

<sup>2</sup>WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich across all meals.

If following Offer Versus Serve (OVS) then at least 4 food items must be offered at breakfast and adults must pick 3 for a reimbursable meal. At lunch/supper adults must take at least 3 food items for a reimbursable meal.

For complete meal patterns please go to [www.fns.usda.gov](http://www.fns.usda.gov).