NATIONAL

¹Meat/meat Wednesday **Friday** Monday **Tuesday** Thursday alternative can replace a grain at breakfast up to 3 times per week. **Frozen Berries with Oranges and Waffles** Apple and WG² **Yogurt and Hard** with Syrup **English Muffin with** ²WG= Whole Grain. At **Diced Peaches and** Boiled Egg¹ with Milk with Milk Jam with Milk least one serving of WG² Bagel with Grapefruit and grain each day must Oatmeal with Milk Cream Cheese with be whole grain or Milk whole grain-rich across all meals. Teriyaki Seasoned If following Offer WG² Tortillas and Baked Chicken, Leek Turkey Breast, Versus Serve (OVS) Cheese Casserole. and Mushroom Orzo. Seasoned Brown Rice, then at least 4 food Broccoli, and Orange Carrots, and Pear with **Tuscan Style Pasta** Tuna Sandwich, Beets, and Honeydew items must be offered Wedges with Milk Milk with Cannellini, Sweet Spinach Salad with Melon with Milk at breakfast and Potato, and Banana Radish, and Pineapple adults must pick 3 for with Milk **Tidbits with Milk** a reimbursable meal. At lunch/supper adults must take at least 3 food items for Sliced Cucumber with a reimbursable meal. Balsamic Vinaigrette, **Cereal Munch Mix Yogurt and Grapes** and 100% Juice For complete meal WG² Tortilla Chips and Hummus with Carrots patterns please go to **Black Bean Hummus** and Celery Sticks www.fns.usda.gov.



Breakfast

Lunch/ Supper

Snack

Food and Nutrition Division Child and Adult Care Food Program

TEXAS DEPARTMENT OF AGRICULTURE **COMMISSIONER SID MILLER** This product was funded by USDA. This institution is an equal opportunity provider.

Sample Menu for Adult A



NATIONAL CCCCCCCCCC

Sample Menu for Adult B

		WEEK			
Monday	Tuesday	Wednesday	Thursday	Friday	¹ Meat/meat alternative can
<u>WG² Tortilla with Egg</u> <u>and Cheese</u> , 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 ² with Turkey Sausage ¹ and Diced Pears with Milk	replace a grain at breakfast up to 3 times per week. ² WG= Whole Grain. At least one serving of grain each day must be whole grain or whole grain-rich
Chicken Patty on Whole Wheat Bun, <u>Cherry Tomato and</u> <u>Corn Salad</u> , 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	<u>Tuna Chow Mein</u> <u>Casserole, Chinese</u> <u>Mixed Vegetables</u> , and Oranges with Milk	Chicken, Indian Pilaf, Curry Vegetables, and 100% Apple Juice with Milk	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.
WG ² Crackers and Cheese Cubes	Carrots and Hummus	Celery with Peanut Butter and Raisins	Every first state of the second state of the s	Peaches and Yogurt	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.
TEXAS DEPARTMENT OF AGRICULTURE					f

Food and Nutrition Division Child and Adult Care Food Program

square

Breakfast

Lunch/ Supper

TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER This product was funded by USDA. This institution is an equal opportunity provider. Updated 02/2020 www.SquareMeals.org