

Menu	8-Feb	9-Feb	10-Feb	11-Feb	12-Feb
Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast - Juice or Fruit. Bread and/or Cereal Milk, fluid (three food groups)	Egg Patty Whole Wheat Bread Applesauce Milk/Soy	Turkey Sausage Blueberries Whole Wheat Bread Milk/Soy	Grits w/ Cheese Mixed Fruit Milk/Soy	Bagel w/ Cream Cheese Mandarin Oranges Milk/Soy	Waffle Sticks Pears Milk/Soy
Lunch - Meat and/or alternate. Vegetables and/or fruits. Bread. Butter/Margarine. Milk, fluid whole. Other foods (four food groups)	Philly Cheese Steak Whole Wheat Bread Green Peas Tropical Fruit Milk/Soy	Dominos Cheese Pizza Cole Slaw (mixed Veggies for younger) Cantaloupe Milk/Soy	Chicken & Vegetable Soup Peaches Whole Wheat Bread Milk/Soy	Baked Fish Rice Broccoli Pineapple Milk/Soy	Cheese Ravioli in Marinara Sauce Green Beans Mixed Fruit Milk/Soy
Snack - Milk, juice, fruit, vegetable, bread or cereal (two food groups)	Pears Crackers	Apple Bars Nutri	Yogurt vanilla Wafers	Pears Bars Nutri	String Cheese Whole Wheat Crackers

