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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST**  Fluid Milk Whole (1/2 cup)  Lactaid Milk, 1% MILK  Soy Milk | **1% MILK**  (1/2CUP) | **1% MILK**  (1/2 CUP) | **1% MILK**  (1/2 CUP) | **1% MILK**  (1/2 CUP) | **1% MILK**  (1/2 CUP) |
| Fruit or vegetable (1/4 cup) | **ORANGE JUIICE**  **(1/4 CUP)** | **TROPICAL FRUIT**  **(1/4 CUP)** | **BANANA**  **(1/4 CUP)** | **FRUIT COCKTAIL**  **(1/4 CUP)** | **PEACHES**  **(1/4 CUP)** |
| Bread or bread Alternative  (1/2 slice) or cereal (1/4 cup) | KIXXS CEREAL  **(1/4 cup)** | WHOLE GRAIN CREAM OF WHEAT  **(1/4 CUP)** | **BAGELS WITH CREAM CHEESE**  **(1/2 SLICE)** | **RICE CRISPY CEREAL**  **(1/4 CUP)** | **WHOLE WHEAT WAFFLES**  **(1/2 SLICE)** |
|  | | | | | |
| **LUNCH**  Fluid Milk WHOLE (1/2CUP) | **1% MILK**  (1/2CUP) | **1% MILK**  (1/2 CUP) | **1% MILK**  (1/2 CUP) | **1% MILK**  (1/2 CUP) | **1% MILK**  (1/2 CUP) |
| Meat/poultry/fish (2 oz.) or Cheese (2 oz) or 1/2 Large Egg or Dried Beans & Peas  (1/8cup) or  Yogurt(1/4cup) | FRIED CHICKEN LEGS    **(2 OZ )** | BEEF MAC AND CHEESE    **(2 OZ BEEF)** | TURKEY MEATLOAF  **(2.0 OZ)** | **FISH SQUARES**  **(2 OZ FISH)** | **TUNA MELT SALAD**  **(2 OZ TUNA)** |
|  |
| 2 Fruits or  2 Vegetables or  1 of each (1/4 Cup) | BROCCOLI  (1/4 CUP)  **PEARS**  **(1/8 CUP)** | STRING BEANS  **(1/4 CUP)**    **MANDARIN ORANGES**  **(1/8 CUP)** | MIXED VEGETABLES  **(1/4 CUP)**  **PINEAPPLES**  **(1/8 CUP)** | **,MIXED VBGETABLES**  **(1/4 CUP)**  **WATERMELON CHUNKS**  **(1/4 CUP)** | **TOMATO SOUP**  **(1/4 CUP)**  **FRESH FRUIT**  **(1/4 CUP)** |
|  |
| Bread or bread alternative (1/2 sl) or pasta or rice( ¼ cup) | **BROWN RICE**  **(1/4 CUP)** | 100% WHOLE WHEAT MAC NOODLES  (1/4) | 100% WHOLE WHEAT BREAD  **(1/2 SLICE)** | **100 % WHOLE WHEAT BREAD**  **(1/2 SLICE)** | **WHOLE WHEAT BREAD**  **(1/2 SLICE)** |
|  | | | | | |
| **PM SNACK** (Choose 2)  Fluid Milk 1% | **1% MILK**  **(1/2 CUP)** |  | **1% MILK**  **(1/2 CUP)** | **1% MILK**  **(1/2 CUP)** |  |
| Fruit or Vegetable (1/2CUP) |  | **APPLES JUICE**  (1/2 CUP) | **ORANGES**  **(1/2 CUP)** | **BANANA**  **(1)** | **GRAPE JUICE**  **(1/2 CUP)** |
|  |
| Bread or bread alternate  (1/2 sl.) or cereal (1/4 cup) | **WHEAT CHEX MIX**  **(1/2 CUP)** | **CARAMEL RICE CAKES**  **(1/4 CUP)** |  |  | BRAN MUFFIN  (1) |
| Meat or meat alternative (1/2 oz) See lunch |  |  |  |  |  |

Week 1 (CYCLE 1) BAH CATERING FEB 1-5, 2021 This institute is an Equal Opportunity Provider