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| --- | --- | --- | --- | --- | --- |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST**  Fluid Milk Whole (3/4 cup)  Lactaid Milk 1%  Soy Milk | **1% MILK**  (3/4 CUP) | **1% MILK**  (3/4 CUP) | **1% MILK**  (3/4 CUP) | **1% MILK**  (3/4 CUP) | **1% MILK**  (3/4 CUP) |
| Fruit or vegetable (1/2 cup) | **APPLE JUICE**  **(1/2 CUP)** | **TROPICAL FRUIT**  **(1/2 CUP)** | **APPLESAUCE**  **(1/2 CUP)** | **FRUIT COCKTAIL**  **(1/2 CUP)** | **FRESH FRUIT**  **(1/2 CUP)** |
| Bread or bread Alternative  (1/2 slice) or cereal (1/3 cup) | SHREDDED WHEAT CEREAL  **(1/3 cup)** | **100% WHOLE GRAIN GRITS**  **(1/3 CUP)** | **BRAN CEREAL**  **(1/3 CUP)** | **ENGLISH MUFFINS**  **(1/2 SLICE)** | WHOLE WHEAT PANCAKE  **(1)** |
|  | | | | | |
| **LUNCH**  Fluid Milk (**3/4**CUP) | **1% MILK**  (**3/4**CUP) | **1% MILK**  (**3/4** CUP) | **1% MILK**  (**3/4** CUP) | **1% MILK**  (**3/4** CUP) | **1% MILK**  (**3/4** CUP) |
| Meat/poultry/fish (1.5 oz.) or Cheese (1.5 oz) or Large Egg or Dried Beans & Peas  (3/8cup) or  Yogurt(3/4cup) | CHICKEN NUGGETS  **(2 OZ )** | TURKEY SPAGHETTI  **(2.0 OZ)** | **BEEF MEATBALLS IN GRAVY**  **(2.0 OZ)** | **FISH STICKS**  **(2 OZ )** | HOT SLICED TURKEY HAM AND CHEESE  SANDWICH  **(2 OZ TURKEY )** |
|  |
| 2 Fruits or  2 Vegetables or  1 of each (1/4 Cup) | FRENCH FRIED POTATOES  (1/4 CUP)  PEARS  **(1/4 CUP)** | SPINACH  **(1/4 CUP)**    **MANDARIN ORANGES**  **(1/4 CUP)** | BOILED POTATOES  **(1/4 CUP)**  **PINEAPPLES**  **(1/4 CUP)** | SLICED CARROTS  **(1/4 CUP)**  **GRAPES**  **(1/4 CUP)** | **VEGETABLE SOUP**  **(1/4 CUP)**  **BANANAS**  **(1 BANANA)** |
|  |
| Bread or bread alternative (1/2 sl) or pasta or rice( ¼ cup) | **100% WHOLE WHEAT BREAD**  **(1/2 SLICE)** | 100 % WHOLE WHEAT SPAGHETTI NOODLES    **(1/4 CUP)** | **100% WHOLE GRAIN WHEAT**  **BREAD**  **(1/2 SLICE)** | BROWN RICE  **(1/4 CUP)** | **100% WHOLE GRAIN WHEAT BREAD**  **(1/2 SLICE)** |
|  | | | | | |
| **PM SNACK** (Choose 2)  Fluid Milk | **1% MILK**  **(1/2 CUP)** |  | **1% MILK**  **(1/2 CUP)** |  | **1% MILK**  **(1/2 CUP)** |
| Fruit or Vegetable (1/2CUP) | CANTALOPE CHUNKS  (1/2 CUP) | **CRANBERRY JUICE**  (1/2 CUP) |  | **GRAPE JUICE**  **(1/2 CUP)** | **RAISINS**  **(1/2 CUP)** |
|  |
| Bread or bread alternate  (1/2 sl.) or cereal (1/3 cup) |  | **CORN TORTILLIA CHIPS with SALSA**  **(1/3 CUP)** | **ENRICHED BLUEBERRY MUFFIN**  **(1)** |  |  |
| Meat or meat alternative (1/2 oz) See lunch |  |  |  | **HARD BOILED EGGS**  **(1)** |  |

Week 2 (CYCLE 1) BAH CATERING AND PERSONALIZED SVC. LLC FEB 8-12, 2021 This Institute is an Equal Opportunity Provider