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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 CHEESESANDWICH**(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