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|  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY** HOLIDAY MEAL | **THURSDAY**  | **FRIDAY**  |
| **BREAKFAST** Fluid Milk 1%( 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)  | **Peach Slices** (1/2 CUP) | **TURKEY SAUSAGE, EGGS AND CHEESE****(1/2 CUP)** | **FRUIT COCKTAIL** **(1/2 CUP)**  | BANANA**(1)**  | **CINNAMON** **SPICED APPLES** **(1/2 CUP)**  |
| Bread or bread Alternative (1/2 slice) or cereal (1/3 cup)  | **KIXXS CEREAL****(1/3 cup)**  | **CORN TORTILLIA SHELL****(1)**  | **CORN MUFFIN****(1)**  | **RICE CRISPY CEREAL****(1 OZ)**  | **FRENCH TOAST STICKS****(1/2 SLICE)**  |
|   |
| **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 PARAMASEAN**(2 OZ MEAT)** | **BAKED FISH****(2 OZ)** | TURKEY MEATBALLS**(2 OZ MEAT)**  | BEEF TACO**(2 OZ BEEF )**  | TURKEY SANDWICH**(2 OZ)** |
|  |
| 2 Fruits or 2 Vegetables or 1 of each (1/4 Cup)  | SPINACH SALAD **(1/4 CUP)** PEARS**(1/4 CUP)**  | MIXED VEGETABLES **(1/4 CUP)** **MANDARIN ORANGES****(1/4 CUP)**  | **COLLARD GREENS****(1/4 CUP)** PINEAPPLES**(1/4 CUP)**  | LIMA BEANS AND CORN**(1/4 CUP)** TROPICAL FRUIT **(1/4 CUP)**  | POTATO SOUP**(1/4 CUP)** **APPLE SLICES****(1/4 CUP)** |
| Bread or bread alternative (1/2 sl) or pasta or rice (¼ cup)  | **100% WHOLE WHEAT BREAD****(1/2 SLICE)**  | **WILD RICE****(1/4 CUP)** | MACARONI AND CHEESE **(1/4 CUP)**  | **CORN TORTILLIA SHELL****(1)**  | **ENRICHED WHOLE GRAIN** **CRACKERS** **(5)**  |
|   |
| **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)  | **SLICED CUCUMBERS WITH RANCH DRESSING****(1/2 CUP)** | **APPLE JUICE****(1/2 CUP)**  | WHEAT CHEX MIX**(1/4CUP)**  | **ORANGE JUICE** **(1/2 CUP)**  | **TOMATO SLICES WITH ITALIAN DRESSING**(1/2 CUP) |
| Bread or bread alternate (1/2 sl.) or cereal (1/3 cup)  |  |  |  | **WHEAT GRAHAM CRACKERS****(1/3 CUP)**  |  |
| Meat or meat alternative (1/2 oz) See lunch  |  | **CHEESE STICKS****(1/2 OZ)**  |  |   |  |

Week 4 BAH CATERING AND PERSONALIZED SERVICES FEB. 22-26, 2021 This Institute is an Equal Opportunity Provider