|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **BREAKFAST** Fluid Milk Whole (1/2 cup) Lactaid Milk, 1% MILKSoy 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)  | BRAN CEREAL **(1/4 cup)**  | 1% WHOLE GRAIN GRITS **(1/4 CUP)** | **BAGELS WITH CREAM CHEESE****(1/2 SLICE)**  | **TOASTED OATS CEREAL****(1/4 CUP)**  | **WHOLE WHEAT PANCAKE****(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)  | BBQ CHICKEN LEGS**(2 OZ )**  | MAC AND CHEESE WITH TURKEY HAM **(2 OZ)**  | TURKEY MEATLOAF**(2.0 OZ)**  | **CHICKEN AND BROCCOLI****(2 OZ BEEF)**  | **BEEF HOTDOGS****(2 OZ)** |
|  |
| 2 Fruits or 2 Vegetables or 1 of each (1/4 Cup)  | PEAS(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)**  | BROCCOLI**(1/4 CUP)** **WATERMELON CHUNKS****(1/4 CUP)**  | **VEGETARIAN BAKED BEANS****(1/4 CUP)** **FRESH FRUIT****(1/4 CUP)**  |
|  |
| Bread or bread alternative (1/2 sl) or pasta or rice( ¼ cup)  | 100% WHOLE WHEAT BREAD**(1/2 SLICE)**  | 100% WHOLE WHEAT MAC NOODLES(1/4) | 100% WHOLE WHEAT BREAD**(1/2 SLICE)**  | **BROWN RICE****(1/4 CUP)** | **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)  | **CELERY STICKS WITH RANCH DRESSING****(1/2 CUP)** | **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)  |  | **CARAMEL RICE CAKES****(1/4 CUP)**  |  |  | BRAN MUFFIN(1) |
| Meat or meat alternative (1/2 oz) See lunch  |  |  |  |  |  |

Week 1 (CYCLE 1) BAH CATERING MAY 3-7, 2021 This institute is an Equal Opportunity Provider