|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | **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 JUICE****(1/4 CUP)**  | **TROPICAL FRUIT**  **(1/4 CUP)**  | **BANANA** **(1/4 CUP)**  |  |  |
| Bread or bread Alternative (1/2 slice) or cereal (1/4 cup)  | CORN FLAKES CEREAL **(1/4 cup)**  | CREAM OF WHEAT **(1/4 CUP)** | **BAGELS WITH CREAM CHEESE****(1/2 SLICE)**  |  |  |
|  |
| **LUNCH** Fluid Milk WHOLE (1/2CUP)  | **1% MILK**(1/2CUP) | **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)  | TERIYAKI CHICKEN LEGS**(2 OZ )**  | ROAST BEEF AND GRAVY **(2 OZ)**  | TURKEY MEATLOAF**(2.0 OZ)**  |  |  |
|  |
| 2 Fruits or 2 Vegetables or 1 of each (1/4 Cup)  | RED BEANS(1/4 CUP)**PEARS****(1/8 CUP)**  | COLLARD GREENS **(1/4 CUP)** **MANDARIN ORANGES****(1/8 CUP)**   | MIXED VEGETABLES**(1/4 CUP)** **PINEAPPLES****(1/8 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)**  |  |  |
|  |
| **PM SNACK** (Choose 2) Fluid Milk 1% | **1% MILK** **(1/2 CUP)**  |  | **1% MILK** **(1/2 CUP)**  |  |  |
| Fruit or Vegetable (1/2CUP)  |  | **APPLES JUICE**(1/2 CUP) | **ORANGES****(1/2 CUP)**  |  |  |
|  |
| Bread or bread alternate (1/2 sl.) or cereal (1/4 cup)  | **WHOLE WHEAT PRETZELS****(1/2 CUP)**  | **CARAMEL RICE CAKES****(1/4 CUP)**  |  |  |  |
| Meat or meat alternative (1/2 oz) See lunch  |  |  |  |  |  |

Week 5 (CYCLE 1) BAH CATERING JUNE 28-30, 2021 This institute is an Equal Opportunity Provider