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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) | **CRANBERRY JUICE**  (1/2 CUP) | **TURKEY SAUSAGE, EGGS AND CHEESE**  **(1/2 CUP)** | **FRUIT COCKTAIL**  **(1/2 CUP)** | BANANA  **(1)** | PEACH SLICES  **(1/2 CUP)** |
| Bread or bread Alternative  (1/2 slice) or cereal (1/3 cup) | **BRAN CEREAL**  **(1/3 cup)** | **100% WHOLE WHEAT BISCUIT**  **(1)** | **CORN MUFFIN**  **(1)** | **CHEX MIX CEREAL**  **(1 OZ)** | **FRENCH TOAST**  **(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) | BAKED CHICKEN LEGS  **(2 OZ MEAT)** | **FISH STICKS**  **(2 OZ)** | SLICED TURKEY HAM IN SAUCE  **(2 OZ MEAT)** | CHICKEN TACO  **(2 OZ CHICKEN)** | CHICKEN SALAD SANDWICH  **(2 OZ)** |
|  |
| 2 Fruits or  2 Vegetables or  1 of each (1/4 Cup) | STRING BEANS  **(1/4 CUP)**    PEARS  **(1/4 CUP)** | STEWED TOMATOES  **(1/4 CUP)**    **MANDARIN ORANGES**  **(1/4 CUP)** | **CABBAGE**  **(1/4 CUP)**    PINEAPPLES  **(1/4 CUP)** | BLACK BEANS AND CORN  **(1/4 CUP)**  TROPICAL FRUIT  **(1/4 CUP)** | CHICKEN VEGETABLE 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)** | **100% WHOLE WHEAT MACARONI NOODLES**  **(1/4 CUP)** | WILD RICE  **(1/4 CUP)** | **CORN TACO SHELL**  **(2)** | **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)** | **ORANGE JUICE**  **(1/2 CUP)** | RAISINS  (1/2 CUP) |
| Bread or bread alternate (1/2 sl.) or cereal (1/3 cup) |  | **WHEAT CHEX MIX**  **(1/4 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 JUNE 21-25, 2021 This Institute is an Equal Opportunity Provider