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| --- | --- | --- | --- | --- | --- |
|  | **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)  | **APPLE JUICE****(1/4 CUP)**  | **TROPICAL FRUIT** **(1/4 CUP)**  | **APPLESAUCE****(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)**  | **100% WHOLE GRAIN GRITS****(1/4 CUP)** | **ENGLISH MUFFINS****(1/2 SLICE)**  | **TOASTED OATS CEREAL****(1/4 CUP)**  | **WHOLE WHEAT WAFFLE****(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)  | FRIED CHICKEN LEGS**(2 OZ )**  | BEEF RAVIOLI AND CHEESE **(2 OZ)**  | TURKEY MEATLOAF IN GRAVY**(2.0 OZ)**  | **CHICKEN NUGGETS****(2 OZ)**  | **GROUND BEEF IN SPAGHETTI SAUCE****(2 OZ MEAT)** |
|  |
| 2 Fruits or 2 Vegetables or 1 of each (1/4 Cup)  | RED BEANS(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)**  | FRENCH FRIED POTATOES**(1/4 CUP)** **WATERMELON CHUNKS****(1/4 CUP)**  | **CAEASR SALAD** **(1/4 CUP)** PEARS**(1/4 CUP)**  |
|  |
| Bread or bread alternative (1/2 sl) or pasta or rice( ¼ cup)  | **BROWN RICE****(1/4) CUP**  | RAVIOLI PASTA(1/4 CUP) | 100% WHOLE WHEAT BREAD**(1/2 SLICE)** | 100% WHOLE WHEAT BREAD**(1/2 SLICE)** | 100% WHOLE WHEAT SPAGHETTI NOODLES(1/4 CUP) |
|   |
| **PM SNACK** (Choose 2) Fluid Milk 1% | **1% MILK** **(1/2 CUP)**  | **1% MILK**(1/2 CUP) | **1% MILK** **(1/2 CUP)**  | **1% MILK** **(1/2 CUP)**  |  |
| Fruit or Vegetable (1/2CUP)  |  |  | **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  | CHEESE STIXS(1) |  |  |  |  |

Week 1 (CYCLE 1) BAH CATERING AUGUST 30-SEPTEMBER 3, 2021 This institute is an Equal Opportunity Provider