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|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **BREAKFAST**  Fluid Milk Whole (1/2 cup)  Lactaid Milk, 1% MILK  Soy 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