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|  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **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)  | **100% GRAPE JUICE****(1/2 CUP)**  | **SLICED PEACHES****(1/2 CUP)**  | **APPLESAUCE** **(1/2 CUP)**  | **100% CRANBERRY JUICE****(1/2 CUP)** | **FRUIT COCKTAIL****(1/2 CUP)** |
|  |
| Bread or bread Alternative (1/2 slice) or cereal (1/3 cup)  | **KIXXS CEREAL** **(1/2 cup)** | SCRAMBLE EGGS WITH POTATOES AND TURKEY HAM(1/3 CUP) | **CORN FLAKE CEREAL** **(1/2 CUP)**  | **ENRICHED****BANANA MUFFIN****(1)** | **100% WHOLE GRAIN OATMEAL****(1/3 CUP)**  |
|   |
|   |
| **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)  | **GROUND BEEF IN GRAVY****(2 OZ BEEF)** | **TURKEY TACO****(2 OZ TURKEY)**  | CHICKEN TENDERS**(2OZ CHICKEN)**  | **BAKED FISH****(2 OZ)**  | SLICED TURKEY HAM WITH CHEESE**(2 OZ TURKEY)**  |
| 2 Fruits or 2 Vegetables or 1 of each (1/4 Cup)  | CAESAR SALAD(1/4 CUP)PEARS **(1/4 CUP)**  | CORN**(1/4 CUP)** **SLICED ORANGES** **(1/4 CUP)**  | FRENCH FRIED POTATOES (1/4 CUP)**PINEAPPLES**(1/4 CUP) | **BROCCOLI** **(1/4 CUP)**MANDARIN ORANGES**(1/4 CUP)** | **TOMATO SOUP**(1/4 CUP)**TROPICAL FRUIT****SALAD****(1/4 CUP)** |
| Bread or bread alternative(1/2 sl) or pasta or rice( ¼ cup)  | **BROWN RICE****(1/4 CUP)** | CORN TORTILLIA SHELL(2) | **100% WHOLE WHEAT BREAD** **(1/2 SLICE)**  | **100% WHOLE WHEAT BREAD** **(1/2 SLICE)** | **100% WHOLE WHEAT BREAD****(1/2 SLICE)**  |
|   |
| **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)  | APPLE SLICES (1/2 CUP) | **100% PINEAPPLE JUICE** **(1/2 CUP)**  |  |  |  |
|  |
| Bread or bread alternate (1/2 sl.) or cereal (1/3 cup)  |  | **WHOLE WHEAT TEDDY GRAHAMS****(1/3 CUP)**  |  | **WHEAT GRAHAM CRACKERS****(1/3 CUP)**  | **SUN CHIPS****(1/3 CUP)**  |
| Meat or meat alternative (1/2 oz) See lunch  | **CHEDDAR CHEESE CUBES****(1/2 OZ)**  |  | **LOW FAT STRAWBERRY YOGURT (2 OZ)** |  |  |

WEEK 3 (CYCLE 1) BAH CATERING AND PERSONALIZED SVC. LLC SEPTEMBER 13-17, 2021 This Institute is an Equal Opportunity Provider