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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)** |
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|  | | | | | |
| **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