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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)**  | **CORN TORTILLIA****(1)**  | **CORN MUFFIN****(1)**  | **TOASTED OATS 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)  | BBQ 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)**  | AU GRATIN POTATOES **(1/4 CUP)** **MANDARIN ORANGES****(1/4 CUP)**  | **CABBAGE****(1/4 CUP)** PINEAPPLES**(1/4 CUP)**  | CORN**(1/4 CUP)** TROPICAL FRUIT **(1/4 CUP)**  | CHICKEN VEGETABLE SOUP**(1/4 CUP)** **WATERMELON CHUNKS****(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 BREAD****(1/2 SLICE)** | 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 AND TOMATOES WITH ITALIAN 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 SEPTEMBER 20-24, 2021 This Institute is an Equal Opportunity Provider