



Sample Menu

MEAL PATTERN	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Juice, Fruit or Vegetable Grains/Breads Milk	½ cup pear halves (½ cup fruit) ½ slice whole wheat toast with ½ oz cheddar cheese, melted (½ slice of bread, ½ oz cheese) ¾ cup 2% milk (¾ cup milk)	½ cup applesauce (½ cup fruit) ½ Cut Biscuit with butter ¾ cup 2% milk (¾ cup milk)	½ cup warm grapefruit wedges (½ cup fruit) ¼ cup cooked oatmeal with 1 Tbsp raisins (¼ cup cooked cereal) ¾ cup 2% milk (¾ cup milk)	½ cup fresh orange slices (½ cup fruit) ½ cinnamon roll (½ slice of bread) ¾ cup 2% milk (¾ cup milk)	½ cup diced peaches, in extra light syrup, drained (½ cup fruit) 1 blueberry pancake with 1 Tbsp pancake syrup (1 slice of bread) ¾ cup 2% milk (¾ cup milk)
LUNCH Meat or Meat Alternative Vegetable/Fruit (2 servings of vegetable or fruit or both) Grains/Breads Milk	½ cup oven baked Parmesan Chicken (1 ½ oz cooked poultry) ¼ cup steamed broccoli (¼ cup vegetable) ¼ cup fresh apple slices (¼ cup fruit) ½ whole wheat roll (½ slice of bread) ¾ cup 2% milk (¾ cup milk)	1 Bean Burrito (2 oz equivalent cooked lean meat, ¼ cup vegetable, 1 slice of bread) ½ cup diced peaches, in extra light syrup, drained (½ cup fruit) ¾ cup 2% milk (¾ cup milk)	1 cup Sweet-and-Sour Chicken (1 ½ oz cooked poultry) ¼ cup boiled carrots (¼ cup vegetable) ¼ cup fresh orange sections (¼ cup fruit) ¼ cup cooked rice (¼ cup cereal grain) ¾ cup 2% milk (¾ cup milk)	1 piece Macaroni and Cheese (1 ½ oz meat/meat alternate, 1 ½ slices of bread) ¼ cup peas and carrots (¼ cup vegetable) ¼ cup tropical fruit salad (¼ cup fruit) ¾ cup 2% milk (¾ cup milk)	1 serving (½ pita) Pizza-in-a-Pocket (¾ oz cooked lean meat, cup vegetable, 1 slice of bread) ¼ cup green salad green salad with 1 Tbsp salad dressing (¼ cup vegetable) ¼ cup apricots (½ cup fruit) 4 oz lowfat yogurt ¾ cup 2% milk (¾ cup milk)