



### Menu 7 week

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk Grain Fruit	Milk, Bagels, Pears	Milk, Oatmeal, Apple Sauce	Milk, French Toast, Fruit Cocktail	Milk, Biscuit and Gravy, Peaches	Milk, WW Cereal, Bananas
Lunch	Milk Protein Grain Vegetable Fruit	<b>Milk, Beef Soft Taco, Oranges, Carrots</b>	<b>Milk, Chicken Quesadilla, Green Beans, Mango</b>	<b>Milk, Ground Beef Spaghetti, Corn, Apples</b>	<b>Milk, Mexican Rice W Chicken, Cauliflower, Watermelon</b>	<b>Milk, Mac and Cheese w Ham, Mix Veggies, Berries</b>
Snack	2 of 4 components Milk Vegetable or fruit Meat or Alternate Bread or Alternate, or Cereal	Beans with Chips	Fruit Salad W Yogurt	Peaches w Cottage Cheese	Cheese Sandwich	Corn w Parmesan Cheese

Our Center Participates in a USDA- Founded Program and is equal Opportunity Provider and Employee

