

# SAMPLE MENU

Monday

Tuesday

Wednesday

Thursday

Friday

**Supper**

2 oz Meat/Meat Alt.	Mac-N-Cheese	Shepherd's Pie	Chicken/Cheese Quesadilla	Roasted Chicken	Taco Soup
3/4 C (6 oz) Vegetable/Fruit	Pizza Green Beans Peaches	Mashed Potatoes, Corn Orange	Baby Carrots w/ Ranch	Broccoli Applesauce	Banana
1 oz Grains	Pasta	Whole Wheat Bread	Tortilla	Seasoned Rice	Whole Grain Tortillas
8 oz Fluid Milk	White or Chocolate	White or Chocolate	White or Chocolate	White or Chocolate	White or Chocolate

**Snack (Select any 2 from the 4 components)**

2 oz Meat/Meat Alt.					
3/4 C (6 oz) Vegetable/Fruit	100 % Juice		100 % Juice		Apple
1 oz Grains	Honey, twisted pretzels	Granola Bar	Sweet Potato Crackers	Graham Crackers	
8 oz Fluid Milk		White or Chocolate		White or Chocolate	White or Chocolate

***\*Alternate food items are provided to meet the needs of those with food allergies and non-pork individuals.*** \*Only low-fat white or non-fat chocolate milk is served. \*All grains are enriched or whole-grain.  
*\*Occasional substitutions may be necessary.*