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| AL  PATTERN | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **BREAKFAST 8:30am**  2 Food Groups  (1)Grains/bread  (2)Juice/fruit  (3)Milk/fluid | Cornflakes  Bananas Milk | English Muffin w.  Egg and Cheese  Fresh Fruit  Milk | Pancakes  Peaches  Milk | Bagel w/Cream Cheese & Jelly  Apple Sauce  Milk | Chex Cereal  Bananas  Milk |
| **LUNCH 11:00am**  4 Food Groups  (1)Meat/altern.  (2)Veggies /fruit  (3) Grain/bread  (4)Milk/fluid | Meatloaf  Mash Potatoes  Green Beans  Milk  **Veggie Burger** | Chicken Stir Fry  Oriental Veggies with Soy sauce  Whole Grain Rice  Diced Pineapple  Milk  **Oriental Veggie Stir fry** | Cold Pasta Salad with Vinaigrette dressing  Pasta, tomato, cucumbers, feta cheese, shredded Cheddar cheese –Cheese tortellini (cold)  Watermelon  Milk | Vegetarian Lasagna  Steamed Broccoli  Mixed fruit  Milk | Meatball Sub on Hot dog bun w/Marinara Sauce and Shredded Mozzarella Cheese  Cauliflower  Sliced Oranges  Milk  **Veggie Burger Sub** |
| **AFTERNOON SNACK 2:00pm**  2 Food Groups  (1)Milk/juice/fl  (2)Fruit/veggies  (3)Grain/bread | Cottage Cheese  Diced Pineapple  Milk | Naan Bread  Sun Butter  Water | Banana pudding with Vanilla Wafers  Milk | Whole Wheat Cracker  Cream Cheese  Strawberries  Water | Yogurt with Fresh Blueberries  Water |
| **DINNER 5:15pm**  3 Food Groups  (1)Meat/alter.  (2)Vegetable/ fruit (3)Grain/bread  (4)Milk/fluid | Four Cheese and Veggie Pizza  Sliced Cucumbers w/Ranch dip  Diced Peaches | Mac & Cheese with Broccoli  Cantaloupe | Chicken & Dumplings  Peas & Carrots  Milk  **Yellow rice & Black Beans** | Chicken Nuggets  Potato Cubes  Pears  Milk  **Veggie Nuggets** | Cheese burger  Sweet Potato Fries  Mix Fruit  Milk  **Veggie Cheese Burger** |