







Week: 6	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Meal Requirements</b>  <b>Breakfast</b> 1-Grain 1-Fruit/Vegetable/Juice 1-Dairy <b>8 – 9a</b>	*Assorted Muffins <b>*Greek-Yogurt Cream Cheese</b> Fresh Organic Berries Organic 2% Milk	<b>*Northwest Breakfast Scramble</b> <b>- *Scrambled Eggs</b> <i>-Fresh Crimini Mushrooms</i> <i>-Fresh Organic Spinach</i> <b>- *Swiss Cheese</b>  *Toasted Pita Bread Organic 2% Milk	*Whole Wheat Waffles Fresh Bananas <b>Strawberry Puree</b> Organic 2% Milk	*Whole Grain Buttermilk Biscuits <b>*Imported Cheese Cubes</b> Fresh Organic Melon Organic 2% Milk	*Life Cereal <b>*Raisin-Cinnamon Toast</b> Fresh Satsuma Oranges <b>*Whipped Butter</b> Organic 2% Milk
<b>Lunch</b> 1-Meat/Meat Alternative 1-Grain 2-Fruit/Vegetable/Juice 1-Dairy <b>11a – 12p</b>	*Whole Grain Cheese Pizza Fresh Organic Snap Peas Diced Mango Organic 2% Milk	<b>Vegetarian Three-Bean Chili</b> <i>-Great Northern, Kidney &amp; Black Beans</i> <i>-California Tomatoes</i> <i>-Fresh Bell Peppers, Onions &amp; Garlic</i> *Whole Grain Soup Crackers Marion Blackberries Organic 2% Milk	<b>*Chicken “Fried” Rice</b> <i>-Steamed Brown Rice</i> <i>-Diced Chicken Breast</i> <i>-Peas and Diced Carrots</i> <i>-Fresh Scallions</i> <i>-Fresh Garlic and Ginger</i> <b>-*“Tamari” Soy Sauce</b>  Fresh Sliced Cucumbers Diced Pineapple Organic 2% Milk  <b>*Tofu</b>	<b>*Baked Pasta &amp; Meatballs</b> <i>-*Chicken Meatballs</i> <i>-*Whole Grain Elbow Pasta</i> <i>-Marinara Sauce</i> <b>-*Parmesan Cheese</b> Steamed Cauliflower Blueberries Organic 2% Milk  <b>Ground Vegetable Protein</b>	<b>Turkey &amp; Fresh Vegetable Stew</b> <i>-Diced Turkey Breast</i> <i>-Fresh Carrots, Onions &amp; Celery</i> <i>-Fresh Mushrooms</i> <i>-Fresh Organic Rosemary</i> *Mashed Potatoes Fresh Apple Slices Organic 2% Milk  <b>Lentil &amp; Vegetable Stew</b>
<b>PM Snack</b> <i>Combination of any 2:</i> <i>-Meat/Meat Alternative</i> <i>-Grain</i> <i>-Fruit/Vegetable/Juice</i> <i>-Dairy</i> <b>2p – 3p:30</b>	Fresh Bananas *Cinnamon-Grahams Filtered Water	*Cottage Cheese *Whole Wheat Dinner Roll Filtered Water	*Warm Whole Wheat Pretzels *Cheddar Cheese Cubes Filtered Water	*Freshly Baked Blueberry-Oat Bars Organic 2% Milk	*Mozzarella String Cheese Baby Slim Carrots Filtered Water
<b>Late Snack</b> <b>5:30p</b>	Fresh Baby Carrots *Mozzarella String Cheese Filtered Water	Fresh Satsuma Oranges *Whole Grain Crackers Filtered Water	Sundried California Raisins *Whole Soup Crackers Filtered Water	Fresh Fuji Apples *Cheddar Cheese Squares Filtered Water	Fresh Bananas *Whole Grain Graham Crackers Filtered Water

Vegetarian = 

Highlighted Text = **Menu Enhancement**

\* Allergen – Contains one or a combination of: **MILK / EGG / SOY / WHEAT**