

Reference Menu ONLY! Do NOT send this menu in with your claim.

Date		Sun		Mon		Tue		Wed		Thu		Fri		Sat	
Wk 1		Sun		Mon		Tue		Wed		Thu		Fri		Sat	
Breakfast	Bread or Equiv.	16	French Toast	54	Cereal	50	Toast	2	Biscuit	50	Toast	251	Cream of Wheat	12	English Muffin
	Veg or Fruit	40	Pineapple	10	Cantaloupe	4	Bananas	1	Apple Slices	34	Oranges	1	Baked Apples	4	Bananas
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
AM Snack	Meat and/or Alt.											187	Yogurt	180	P'nut Butter
	Bread or Equiv.	268	Animal Cookies	1	Bagel w.cream chz	138	Blueberry Muffin	263	Saltines	36	Pretzels	256	Cheese Crakcers	48	Bread Slice
	Veg or Fruit			78	100% Fruit Juice			78	100% Fruit Juice	78	100% Fruit Juice				
	Fluid Milk	8	Milk			8	Milk							80	Milk
LUNCH	Meat and/or Alt.	108	Turkey Lunch Meat	2	All Meat Hot Dog	144	Gr. Cheese	57	Fish Sticks	32	Pizza w/Meat	43	Chicken Nuggets	1	Chili w/Meat
	Bread or Equiv.	48	Sand. Bread	22	Hot Dog Bun	050	Sand. Bread	050	Bread Slice	61	Crust	2	Biscuit	106	Macaroni
	Vegetable	281	Tomato Soup	265	Tater Tots	221	Green Beans	256	French Fries	254	Peas	166	Corn	216	Kidney Beans
	Fruit	36	Peaches	2	Applesauce	037	Pears	36	Peaches	40	Pineapple	1	Apple	1	Apple Slices
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
PM Snack	Meat and/or Alt.									180	Peanut Butter				
	Bread or Equiv.	274	Oatmeal Cookie					265	Wheat Thins			258	Cinn. Grahams		
	Veg or Fruit			1	Apple Slices	256	French Fries	78	100% Fruit Juice	164	Celery	80	Orange Juice	4	Bananas
	Fluid Milk	8	Milk	8	Milk	8	Milk			8	Milk			8	Milk
SUPPER	Meat and/or Alt.	2	Hot Dogs	31	Meatloaf	74	Ham	25	Beef Stew	83	Sausage & Eggs	75	Pork Chops	48	Fried Chicken
	Bread or Equiv.	22	Buns	42	Rolls	42	Rolls	48	Bread Slice	2	Bicuit	48	Bread Slice	2	Biscuits
	Veg or Fruit	214	Baked Beans	254	Peas & Corn	221	Green Beans	174	Mixed Veg.	257	Hashbrowns	162	Carrots	221	Green Beans
	Veg or Fruit	2	Applesauce	36	Peaches	34	Orange Slices	37	Pears	1	Apple	40	Pineapple	17	Fruit Cocktail
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
EVE SNACK	Meat and/or Alt.											187	Yogurt	180	P'nut Butter
	Bread or Equiv.	268	Animal Cookies	1	Bagel w.cream chz	138	Blueberry Muffin	263	Saltines	36	Pretzels	256	Cheese Crakcers	48	Bread Slice
	Veg or Fruit			18	100% Fruit Juice			78	100% Fruit Juice	78	100% Fruit Juice				
	Fluid Milk	8	Milk			8	Milk								

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Week 2		Sun		Mon		Tue		Wed		Thu		Fri		Sat	
Breakfast	Bread or Equiv.	54	Cereal	50	Toast	30	Pancakes	253	Oatmeal	16	French Toast	60	Saus/Egg Quiche	1	Bagel
	Veg or Fruit	17	Fruit Cocktail	37	Pears	2	Applesauce	1	Apple Slices	34	Oranges	257	Hashbrowns	36	Peaches
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
AM Snack	Meat and/or Alt.			144	Chz Slice	180	P'nut Butter							180	P'nut Butter
	Bread or Equiv.	265	Wheat Thins	264	Snack Crackers	263	Saltines	37	Soft Pretzels	274	Oatmeal Cookie			48	Bread Slice
	Veg or Fruit	78	100% Fruit Juice	78	100% Fruit Juice	78	100% Fruit Juice			80	Orange Juice	162	Carrots w/Dip	80	Orange Juice
	Fluid Milk							8	Milk			8	Milk		
Lunch	Meat and/or Alt.	47	HM Chkn Noodles	184	P'nut Butter	48	Baked Chicken	30	Hamb. Pattie	32	Pizza w/Meat	74	Ham & Cheese	47	Chkn Tortilla Soup
	Bread or Equiv.	42	Rolls	48	Sand. Bread	48	Bread Slice	20	Hamb. Bun	61	Crust	48	Bread Slice	15	Garlic Bread
	Veg or Fruit	254	Peas	221	Green Beans	221	Green Beans	256	French Fries	254	Peas	260	Potato Salad	174	Corn/Tomatoes
	Veg or Fruit	40	Pineapple	1	Apple Slices	2	Applesauce	36	Peaches	40	Pineapples	24	Grapes	1	Apple Slice
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
PM Snack	Meat and/or Alt.			180	P'nut Butter					144	Chz Slice			187	Yogurt
	Bread or Equiv.							36	Pretzels	264	Snack Crackers			258	Graham Cracker
	Veg or Fruit	164	Celery w/Dip	1	Apple Slices	4	Bananas	44	Raisins			24	Grapes		
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk		
Supper	Meat and/or Alt.	140	Refried Beans	21	Roast Beef	82	Pork Roast	1	Spag. w/Meat Sauce	34	Chicken Breast	68	Tuna Casserole	78	Smoked Sausage
	Bread or Equiv.	130	Flour Tortilla	48	Bread Slice	48	Bread Slice	15	Garlic Bread	125	Rice	050	Bread Slice	6	Cornbread
	Veg or Fruit	173	Lettuce/Tomato	174	Mixed Veg.	221	Green Beans	241	Tossed Salad	166	Corn	254	Peas	238	Cabbage
	Veg or Fruit	166	Corn	2	Applesauce	254	Peas	40	Pineapple	17	Fruit Cocktail	37	Pears	162	Carrots
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
Eve Snack	Meat and/or Alt.			144	Chz Slice	180	P'nut Butter							180	P'nut Butter
	Bread or Equiv.	265	Wheat Thins	264	Snack Crackers	263	Saltines	37	Soft Pretzels	274	Oatmeal Cookie			48	Bread Slice
	Veg or Fruit	78	100% Fruit Juice	78	100% Fruit Juice	78	100% Fruit Juice			80	Orange Juice	162	Carrots w/Dip	80	Orange Juice
	Fluid Milk							8	Milk			8	Milk		

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Week 3		Sun		Mon		Tue		Wed		Thu		Fri		Sat	
BREAKFAST	Bread or Equiv.	253	Oatmeal	54	Cereal	16	French Toast	48	Toast	65	Cinn. Rolls	30	Waffles	48	Toast
	Veg or Fruit	44	Raisins	4	Bananas	2	Applesauce	34	Oranges	1	Apple Slices	4	Bananas	36	Peaches
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
AM SNACK	Meat and/or Alt.			144	Chz. Slice	180	P'nut Butter							180	P'nut Butter
	Bread or Equiv.	36	Pretzels	264	Snack Crackers	48	Bread Slice	274	Oatmeal Cookies	133	Corn Chips			48	Bread Slice
	Veg or Fruit	78	100% Fruit Juice	78	100% Fruit Juice	78	100% Fruit Juice			80	Orange Juice	162	Carrots w/Dip	80	Orange Juice
	Fluid Milk							8	Milk			8	Milk		
LUNCH	Meat and/or Alt.	108	Sliced Turkey	144	HM Mac & Chz	48	Baked Chicken	57	Fish Sticks	184	P'nut Butter	2	All meat Dog	184	P'nut Butter
	Bread or Equiv.	48	Bread Slice	42	Roll	48	Bread Slice	48	Bread Slice	48	Sand. Bread	22	Hot Dog Bun	48	Sand. Bread
	Veg or Fruit	260	Potato Salad	174	Mixed Veg.	221	Green Beans	265	Tater Tots	254	Peas	166	Corn	281	Tomato Soup
	Veg or Fruit	1	Apple	2	Applesauce	2	Applesauce	36	Peaches	40	Pineapple	24	Grapes	37	Pears
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
PM SNACK	Meat and/or Alt.														
	Bread or Equiv.	258	Graham Cracker					36	Pretzels			260	Rtiz Crackers		
	Veg or Fruit			162	Carrot Sticks	34	Oranges	78	100% Fruit Juice	4	Bananas	78	100% Fruit Juice	164	Celery w/Dip
	Fluid Milk	8	Milk	8	Milk	8	Milk			8	Milk			8	Milk
SUPPER	Meat and/or Alt.	48	Fried Chicken	31	Meatloaf	1	Sloppy Joes	74	Ham	25	Beef Stew	47	HM Chkn Noodles	1	Taco Meat
	Bread or Equiv.	42	Rolls	48	Bread Slice	20	Hamb. Bun	42	Roll	2	Biscuits	48	Bread Slice	132	Taco Shell
	Veg or Fruit	262	Mashed Potatoes	221	Green Beans	166	Corn	214	Baked Beans	174	Mixed Veg.	162	Carrots	173	Tomato/Letuce
	Veg or Fruit	221	Green Beans	262	Mashed Potatoes	36	Peaches	36	Peaches	2	Applesauce	17	Fruit Cocktail	166	Corn
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
EVE SNACK	Meat and/or Alt.			144	Chz. Slice	180	P'nut Butter							180	P'nut Butter
	Bread or Equiv.	36	Pretzels	264	Snack Crackers	48	Bread Slice	274	Oatmeal Cookies	133	Corn Chips			48	Bread Slice
	Veg or Fruit	78	100% Fruit Juice	78	100% Fruit Juice	78	100% Fruit Juice			80	Orange Juice	162	Carrots w/Dip	80	Orange Juice
	Fluid Milk							8	Milk			8	Milk		

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Week 4		Sun		Mon		Tue		Wed		Thu		Fri		Sat	
Breakfast	Bread or Equiv.	48	Toast	253	Oatmeal	74	Pop-tarts	30	Pancakes	125	Rice	54	Cereal	1	Bagel
	Veg or Fruit	37	Pears	24	Grapes	1	Apple Slices	36	Peaches	37	Pears	80	Orange Juice	1	Apple Slices
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
AM SNACK	Meat and/or Alt.													144	Chz. Slice
	Bread or Equiv.	258	Graham Crackers	36	Pretzels	268	Graham Crackers	258	Cinn. Grahams	277	Vanilla Wafers	71	Granola Bar	263	Saltines
	Veg or Fruit			80	Orange Juice	78	100% Fruit Juice			4	Banana Pudding			78	100% Fruit Juice
	Fluid Milk	8	Milk					8	Milk			8	Milk		
LUNCH	Meat and/or Alt.	123	Ham & Beans	43	Chicken Nuggets	1	Sloppy Joes	68	Tuna Casserole	57	Fish Sticks	32	Pizza w/Meat	108	Turkey Lunchmeat
	Bread or Equiv.	6	Cornbread	48	Bread Slice	20	Hamb. Bun	48	Bread Slice	42	Roll	61	Pizza Crust	48	Sand. Bread
	Veg or Fruit	162	Carrots	265	Tater Tots	166	Corn	254	Peas	265	Tater Tots	164	Celery Sticks	221	Green Beans
	Veg or Fruit	37	Pears	2	Applesauce	36	Peaches	1	Apple Slices	165	Cole Slaw	36	Peaches	40	Pineapple
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
PM SNACK	Meat and/or Alt.			180	P'nut Butter	146	Cheese Sauce								
	Bread or Equiv.	260	Ritz Crackers	48	Bread Slice	4	Breadsticks	268	Graham Crackers			263	Saltine Crackers	63	Brownie (Plain)
	Veg or Fruit	24	Grapes					80	Orange Juice	1	Apple Slices	78	100% Fruit Juice		
	Fluid Milk			8	Milk	8	Milk			8	Milk			8	Milk
SUPPER	Meat and/or Alt.	1	Taco Meat	75	Pork Chops	1	Lasagna w/Meat	30	Hamb. Patty	48	Baked Chicken	68	Tuna Salad w/Egg	31	Meatloaf
	Bread or Equiv.	1332	Taco Shell	48	Bread Slice	104	Lasagna Noodles	20	Hamb. Bun	42	Roll	8	Croissant	48	Bread Slice
	Veg or Fruit	173	Lettuce/Tomato	254	Peas	241	Tossed Salad	256	French Fries	262	Mashed Potatoes	162	Carrot Sticks	262	Mashed Potatoes
	Veg or Fruit	166	Corn	17	Fruit Cocktail	41	Plums	165	Cole Slaw	37	Pears	1	Apples	36	Peaches
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
EVE SNACK	Meat and/or Alt.													144	Chz. Slice
	Bread or Equiv.	258	Graham Crackers	36	Pretzels	268	Graham Crackers	258	Cinn. Grahams	277	Vanilla Wafers	71	Granola Bar	263	Saltines
	Veg or Fruit			80	Orange Juice	78	100% Fruit Juice			4	Banana Pudding			78	100% Fruit Juice
	Fluid Milk	8	Milk					8	Milk			8	Milk		

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Week 5		Sun		Mon		Tue		Wed		Thu		Fri		Sat	
BREAKFAST	Bread or Equiv.	48	Toast	253	Oatmeal	125	Rice	48	Toast	54	Cereal	30	Waffles	12	English Muffin
	Veg or Fruit		Grapes		Pears		Bananas		Apples		Bananas		Applesauce		Peaches
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
AM SNACK	Meat and/or Alt.					144	Chz Slice							180	P'nut Butter
	Bread or Equiv.	256	Chz Crackers	230	Rice Krispies Treat	264	Crackers	277	Vanilla Wafers	37	Soft Pretzels			48	Bread Slice
	Veg or Fruit	32	Mixed Fruit			78	100% Fruit Juice			78	100% Fruit Juice	162	Carrots w/Dip	80	Orange Juice
	Fluid Milk			8	Milk			8	Milk			8	Milk		
LUNCH	Meat and/or Alt.	184	P'nut Butter	47	HM Chk Noodles	43	Chicken Nuggets	15	Corn Dog	57	Fish Sticks	101	Turkey Breast	145	HM Mac & Chz
	Bread or Equiv.	48	Bread	15	French Bread	48	Bread Slice	5	Corn Dog Breeding	48	Bread Slice	47	Stuffing	2	Bicsuits
	Veg or Fruit	162	Carrots/Celery	174	Mixed Veg.	221	Green Beans	256	French Fries	265	Tater Tots	165	Cole Slaw	174	Mixed Veg.
	Veg or Fruit	1	Apple	2	Applesauce	34	Oranges	36	Peaches	40	Pineapple	262	Mashed Potatoes	1	Apple Slices
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
PM SNACK	Meat and/or Alt.			180	P'nut Butter	146	Cheese Sauce							187	Yogurt
	Bread or Equiv.					4	Breadsticks					133	Corn Chips	258	Graham Crackers
	Veg or Fruit	24	Grapes	1	Sliced Apples			4	Bananas	164	Celery				
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
SUPPER	Meat and/or Alt.	2	All Beef Hot Dogs	68	Tuna Casserole	82	Pork Roast	74	Ham	48	Baked Chicken	32	Pizza w/Meat	31	Meatloaf
	Bread or Equiv.	48	Bread Slice	42	Rolls	42	Rolls	42	Rolls	42	Rolls	61	Crust	2	Biscuits
	Veg or Fruit	214	Baked Beans	221	Green Beans	264	Sweet Potatoes	162	Carrots	166	Corn	241	Salad	221	Green Beans
	Veg or Fruit	2	Applesauce	40	Pineapple	254	Peas	262	Mashed Potatoes	36	Peaches	17	Fruit Cocktail	37	Pears
	Fluid Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk	8	Milk
EVE SNACK	Meat and/or Alt.					144	Chz Slice							180	P'nut Butter
	Bread or Equiv.	256	Chz Crackers	230	Rice Krispies Treat	264	Crackers	277	Vanilla Wafers	37	Soft Pretzels			48	Bread Slice
	Veg or Fruit	32	Mixed Fruit			78	100% Fruit Juice			78	100% Fruit Juice	162	Carrots w/Dip	80	Orange Juice
	Fluid Milk			8	Milk			8	Milk			8	Milk		