**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: January Year: 2021

**Week 1**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu**  | **Monday:** **1/11/21**  | **Tuesday:** **1/12/21** | **Wednesday: 1/13/21** | **Thursday/Friday: 1/14/21** |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Fresh Grapefruit****3.) Granola\* & *Yogurt^*****Yogurt Parfaits+** | **1.) Milk****2.) Orange Juice****3.) Whole Wheat Bagel with Low Fat Cream Cheese** |  **1.) Milk****2.) Canned Peaches in natural juice****3.) *Cottage Cheese^*** |  **1.) Milk****2.) Canned Applesauce****3.) Pineapple Carrot Muffins** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Tuna\*** **3.) Peas, onions & celery\*****Cucumber Slices****4.) Pineapple Tidbits****5.) Noodles\*****Tuna Noodle Salad+** |  **1.) Milk****2.) Parmesan Chicken****3.) Corn****4.) Apple Slices****5.) Whole Wheat Roll** |  **1.) Milk****2.) Ground Beef\*****3.) Tomatoes & kidney beans\*****4.) Orange Slices****5.) Corn Bread****Chili+** |  **1.) Milk****2.) Split Peas\* & Ham\*****3.) Vegetable Salad****4.) Apricots****5.) Whole Wheat Bread****Split Pea Soup+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **N/a**
2. **Roasted Red Pepper Hummus**
3. **100% Grape Juice**
4. **Pita Chips**
 | 1. **N/a**
2. **Blueberry Yogurt**
3. **n/a**
4. **Vanilla Wafers**
 | 1. **Milk**
2. **n/a**
3. **Fruit Cocktail**
4. **n/a**
 | 1. **N/a**
2. **American Cheese Slices**
3. **n/a**
4. **Whole Wheat Pretzels**
 |

\*=Recipe ingredient; +=Recipe used, ^=Meat Alternative

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Month: January Year: 2021

**Week 2**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu**  | **Monday: 1/18/21** | **Tuesday:** **1/19/21** | **Wednesday:****1/20/21** | **Thursday/Friday: 1/21/21** |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Orange Slices****3.) *Tuna, Cheese*\*^, Whole Wheat Bagel\*****Tuna Melt+** | **1.) Milk****2.) Pears****3.) Frosted Miniwheats** |  **1.) Milk****2.) Banana** **3.) ½ Whole Wheat English muffin\* *Sunflower Butter\*^, Cheese Stick^*** |  **1.) Milk****2.) Berry Medley Smoothie****3.) Cold Cereal (Cheerios)** |
| **Lunch****1 serving each**1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods | **1.) Milk****2.) Ground Turkey\*, Cheese\*^****3.) Pinto beans\*, Tomato, Lettuce****4.) Fruit Cocktail****5.) Tortilla Chips\*****Turkey Taco Salad** | **1.) Milk****2.) Chicken Nuggets & Ketchup****3.) Baked Sweet Potato French Fries****4.) Grapes****5.) Roll with margarine** |  **1.) Milk****2.) Low Fat Cheese & Turkey****3.) Tomato soup with diced tomato+****4.) Cantaloupe****5.) Whole Wheat Bread with margarine****Grilled Turkey & Cheese Sandwich with Tomato soup+** |  **1.) Milk****2.) Ground Beef****3.) Carrot Sticks****4.) Corn, Peas, Mashed potatoes\*****5.) Whole Wheat roll****Shepherd’s Pie+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **n/a**
2. **Hummus/ Tuna**
3. **n/a/ 100% Grape Juice**
4. **Pita Chips**
 | 1. **Fluid Milk**
2. **n/a**
3. **n/a**
4. **Graham Crackers**
 | 1. **n/a**
2. **Part Skim String Cheese**
3. **100% Apple juice**
4. **n/a**
 | 1. **Milk**
2. **n/a**
3. **Orange Slices**
4. **n/a**
 |

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Month: January Year: 2021

**Week 3**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu**  | **Monday: 1/25/21** | **Tuesday:** **1/26/21** | **Wednesday: 1/27/21** | **Thursday/Friday: 1/28/21** |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Grape Fruit slices****3.) Cold Cereal (Rice Crispies)** | **1.) Milk****2.) Carrot & Celery Sticks****3.) Whole Wheat English Muffin, *Hummus^*** |  **1.) Milk****2.) Fruit Cocktail****3.) Hot & Fruity Oatmeal+** |  **1.) Milk****2.) Watermelon****3.) Refried Bean & cheese Breakfast Burrito+** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Ground Beef & low-fat cheese\*****3.) Tomato, Lettuce, onions, salsa\*****4.) Fresh Fruit Medley- Cantaloupe, Blueberries, strawberries****5.) Fry Bread****Build your own Indian Tacos+** |  **1.) Milk****2.) Chicken\*****3.) Broccoli****4.) Pears****5.) Fettuccini Noodles\*****Fettuccini Alfredo+** |  **1.) Milk****2.) Ham\*****3.) Navy Beans, Carrots, celery, onions\*****4.) Orange slices****5.) Whole Wheat Roll****Bean soup with Ham+** |  **1.) Milk****2.) Pepperoni & mozzarella Cheese\*****3.) Pizza Sauce\*, Cucumber Slices****4.) Apple slices****5.) Whole Wheat English muffin****Pizza+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **Milk**
2. **n/a**
3. **Peaches**
4. **n/a**
 | 1. **n/a**
2. **Part Skim String Cheese**
3. **Roasted Garbanzo Beans**
4. **n/a**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Vanilla Wafers**
 | 1. **Milk**
2. **Sun Butter**
3. **n/a**
4. **Whole Wheat Bread**
 |

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 **Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 4**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu** | **Monday:** **2/1/21** | **Tuesday:** **2/2/21** | **Wednesday: 2/3/21** | **Thursday/Friday: 2/4/21**  |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Orange Slices****3.) *Canadian Bacon^*** | **1.) Milk****2.) Peaches in natural juice****3.) Oatmeal Silver Dollars** |  **1.) Milk****2.) Pineapple****3.) Blueberry Muffin** |  **1.) Milk****2.) Grapefruit****3.) *Turkey Sausage Patty^*** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Baked Chicken Drumsticks****3.) Carrot Sticks****4.) Brussel Sprouts****5.) Bread Stuffing** |  **1.) Milk****2.) Chicken\*, cheese\*****3.) Refried Beans, Lettuce, Tomato, Salsa\*****4.) Banana****5.) Corn Tostada Shell****Build your own Chicken Tostada+** |  **1.) Milk****2.) Pork\*****3.) Mixed Vegetables\*****4.) Tossed Salad with dressing****5.) Corn Bread****Corn soup+** |  **1.) Milk****2.) Meat Loaf (Lean Meat)****3.) Peas & Carrots****4.) Honeydew Melon****5.) Whole Grain Macaroni & Cheese**  |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **Milk**
2. **N/a**
3. **n/a**
4. **Graham Crackers**
 | 1. **N/a**
2. **Part Skim String Cheese**
3. **n/a**
4. **Whole Wheat Pretzels**
 | 1. **Milk**
2. **Hummus**
3. **n/a**
4. **Tortilla Chips**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Blueberry Muffins**
 |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 5**

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| --- | --- | --- | --- | --- |
| **Menu**  | **Monday:** **2/8/21** | **Tuesday:** **2/9/21** | **Wednesday: 2/10/21** | **Thursday/Friday: 2/11/21**  |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Pineapple canned in natural juice****3.) *String Cheese^*** | **1.) Milk****2.) Peaches in natural juice****3.) 1/2 Whole Wheat Bagel & Sunflower butter^, Blueberry Yogurt^** |  **1.) Milk****2.) Green Smoothies****3.) Cold Cereal (Bran Flakes) with Raisins** |  **1.) Milk****2.) Applesauce****3.) Biscuit\*, Sausage Gravy^****Biscuits and Gravy+** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Chicken\*****3.) Refried Beans\*, Salsa\*, Green pepper\*, Onion\*****4.) Apricots****5.) Flour Tortilla\*, Spanish Rice****Build your own chicken Fajitas+** |  **1.) Milk****2.) Sliced Roast Beef****3.) Roasted Potatoes****4.) Spinach Salad with Tomatoes and Cucumbers****5.) 5 grain blend** |  **1.) Milk****2.) Ground Beef with Sauce\*****3.) Baked Sweet Potato French Fries****4.) Honey Dew Melon****5.) Whole Wheat Hamburger Bun****Sloppy Joes+** |  **1.) Milk****2.) Chicken\*****3.) Asparagus****4.) Oranges****5.) White Rice\*****Sesame Chicken+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **Milk**
2. **Roasted Red Pepper Hummus**
3. **n/a**
4. **Pita Chips**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Graham Crackers**
 | 1. **n/a**
2. **Part skim String Cheese**
3. **100% Grape Juice**
4. **n/a**
 | 1. **n/a**
2. **Vanilla Yogurt**
3. **Peaches**
4. **n/a**
 |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 6**

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| --- | --- | --- | --- | --- |
| **Menu** [This Photo](http://commons.wikimedia.org/wiki/File%3ASmiley_Face.JPG) by Unknown Author is licensed under [CC BY-SA](https://creativecommons.org/licenses/by-sa/3.0/) | **Monday:** **2/15/21** | **Tuesday:** **2/16/21** | **Wednesday: 2/17/21** | **Thursday/Friday: 2/18/21** |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Grapefruit Slices****3.) *Refried Beans & Cheese^*** | **1.) Milk****2.) Apple Sauce****3.) Blueberry Pancakes** |  **1.) Milk****2.) Banana Muffins****3.) Apricots** |  **1.) Milk****2.) Apple Juice 100%****3.) English Muffin, Scrambled Egg, Cheese\*^****Egg & Cheese Breakfast Sandwich** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Hamburger\*****3.) Spaghetti Squash, Corn\*****4.) Orange Slices****5.) Whole Grain Macaroni noodles\*****Hamburger Casserole+** |  **1.) Milk****2.) Turkey & Cheese\*****3.) Vegetable Salad****4.) Grapefruit Slices****5.) Whole Wheat Bread\*****Turkey& Cheese Sandwich+** |  **1.) Milk****2.) Lemon Pepper Chicken (Baked & Skinless)****3.) Broccoli****4.) Mashed Potatoes****5.) Corn Bread** |  **1.) Milk****2.) Baked Cod****3.) Pulse Mélange****4.) Celery & Carrot Sticks with Ranch Dressing****5.) Wild Rice Blend\*** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **Milk**
2. **Blueberry Yogurt**
3. **n/a**
4. **n/a**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Graham Crackers**
 | 1. **n/a**
2. **Cottage cheese**
3. **Peaches**
4. **n/a**
 | 1. **Milk**
2. **n/a**
3. **Salsa**
4. **Tortilla Chips**
 |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: February Year: 2021

**Week 7**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu**  | **Monday:** **2/22/21** | **Tuesday:** **2/23/21** | **Wednesday: 2/24/21** | **Thursday/Friday: 2/25/21**  |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) 100% Apple juice, Banana\*****3.) Quinoa****Banana Dark Chocolate Quinoa Breakfast+** | **1.) Milk****2.) Pineapple in natural juice****3.) Pumpkin Muffin** |  **1.) Milk****2.) Banana** **3.) *Yogurt^*** |  **1.) Milk****2.) Peaches in natural juice** **3.) *Cottage Cheese^*** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Turkey & Pinto Beans\*****3.) Spinach Salad with Tomatoes****4.) Orange Slices****5.) Tortilla Shell\*****Build your own Tortilla Wrap+** |  **1.) Milk****2.) Pork\*****3.) Mixed Vegetables\*****4.) Apricots****5.) Fry Bread\*****Corn Soup+** |  **1.) Milk****2.) Chopped Chicken\*****3.) Frozen Peas and Carrots\*****4.) Cantaloupe****5.) Pot Pie noodles\*, Whole Wheat Roll****Chicken Pot Pie+** |  **1.) Milk****2.) Ground Turkey\*****3.) Roasted Zucchini****4.) Grapes****5.) Spaghetti Noodles\*****Spaghetti with meat sauce+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **n/a**
2. **Part Skim String Cheese**
3. **100% Grape Juice**
4. **Pretzels**
 | 1. **n/a**
2. **Strawberry Yogurt**
3. **n/a**
4. **Vanilla Wafers**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Graham Crackers**
 | 1. **Milk**
2. **Sun Butter**
3. **n/a**
4. **Whole Wheat Bread**
 |

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 **Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: March Year: 2021

**Week 8**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu**  | **Monday:** **3/1/21** | **Tuesday:** **3/2/21** | **Wednesday: 3/3/21** | **Thursday/Friday: 3/4/21**  |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Romaine leaves, cucumber, carrots\*****3.) *Turkey slices^*****Turkey lettuce wraps+** | **1.) Milk****2.) Applesauce****3.) Waffles** |  **1.) Milk****2.) Orange Slices****3.) *String Cheese^*** |  **1.) Milk****2.) Banana\*****3.) Corn meal\*****Cornmeal breakfast with honey and banana+** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Ground Beef\*****3.) Tomatoes** **4.) Fresh Fruit Medley-Cantaloupe, Fresh blueberries & Strawberries****5.) Whole Grain Macaroni Noodles\*, Garlic Bread****Goulash+** |  **1.) Milk****2.) Ham****3.) Green Beans****4.) Orange Slices****5.) Whole Wheat Bread with Margarine**  |  **1.) Milk****2.) Chicken Nuggets****3.) Corn****4.) Carrot Sticks****5.) Whole wheat roll** |  **1.) Milk****2.) ground beef patty, Sliced Cheese\*****3.) Sweet Potato Fries****4.) Garden Salad****5.) Whole Wheat Hamburger Bun****Cheeseburger+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **N/a**
2. **Part skim String cheese**
3. **100% orange juice**
4. **n/a**
 | 1. **Milk**
2. **n/a**
3. **Diced Peaches**
4. **n/a**
 | 1. **Milk**
2. **Sun Butter**
3. **Celery**
4. **n/a**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Graham Crackers**
 |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: March Year: 2021

**Week 9**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu**  | **Monday:** **3/8/21** | **Tuesday:** **3/9/21** | **Wednesday: 3/10/21** | **Thursday/Friday: 3/11/21** |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Applesauce****3.) *Turkey Sausage^*** | **1.) Milk****2.) Banana****3.) Cinnamon Raisin muffin** |  **1.) Milk****2.) Berry Smoothie****3.) *Refried beans, Cheese, ^* whole wheat tortilla chips** |  **1.) Milk****2.) Canned peaches in natural juice****3.) Pancakes** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Grilled Chicken breast\*****3.) Carrots, Cucumbers, and Celery** **4.) Orange Slices****5.) Whole Wheat Tortilla****Build your own grilled chicken wrap+** |  **1.) Milk****2.) Cheddar Cheese, Tuna\*****3.) Peas****4.) Apple Slices****5.) Whole Grain Macaroni Noodles\*****Tuna Mac & Cheese** |  **1.) Milk****2.) Meat sauce with ground beef****3.) Spinach Salad****4.) Apricots****5.) Spaghetti noodles\*, Garlic Bread****Spaghetti/ Meat Sauce+** |  **1.) Milk****2.) Sliced Turkey & American Cheese\*****3.) Broccoli****4.) Grape fruit Slices****5.) Whole wheat roll****Build your own Turkey sub+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **n/a**
2. **Part Skim String Cheese**
3. **n/a**
4. **Whole Wheat Pretzels**
 | 1. **n/a**
2. **Greek Vanilla Yogurt**
3. **Peaches**
4. **n/a**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Graham Crackers**
 | 1. **Milk**
2. **Roasted Red Pepper Hummus**
3. **n/a**
4. **Pita Chips**
 |

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**Grand Traverse Band of Ottawa and Chippewa Indians Head Start & Early Head Start & GSRP**

Month: March Year: 2021

**Week 10**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Menu**  | **Monday:****3/15/21** | **Tuesday:** **3/16/21** | **Wednesday: 3/17/21** | **Thursday/Friday: 3/18/21**  |
| **Breakfast** **1 serving each**1.) Fluid Milk 2.) Fruit, Vegetable, or Juice 3.) Bread/ Bread Alternate/ Meat/ Meat Alternate (up to 3x a week) | **1.) Milk****2.) Applesauce****3.) Whole Wheat Toast*, Cinnamon Hummus*** | **1.) Milk****2.) Grapefruit Slices****3.) Whole Wheat Bagel with cream cheese** |  **1.) Milk****2.) Cantaloupe****3.) *American Cheese Slices^*** |  **1.) Milk****2.) Apple Sauce****3.) Apple Cinnamon Muffin** |
| **Lunch****1 serving each** 1. Fluid Milk
2. Meat or Meat Alternate
3. Vegetable
4. Fruit or Vegetable
5. Grain/Bread

Other/Combination foods  | **1.) Milk****2.) Chicken \*****3.) Broccoli, Snow Peas, Red Peppers, Cauliflower\*****4.) Grapes****5.) Wild Rice****Chicken Teriyaki Stir Fry+** |  **1.) Milk****2.) Baked Turkey Slices****3.) Fresh Cucumber Slices****4.) Roasted Sweet potatoes****5.) Quinoa** |  **1.) Milk****2.) Lean Ground Beef, low Fat Cheese\*****3.) Refried beans, lettuce, tomato & Salsa\*****4.) Orange Slices****5.) Corn Tostada\*****Build your own beef tostada+** |  **1.) Milk****2.) Chicken & Sunbutter\*****3.) Mixed Vegetables\*****4.) Banana****5.) Whole wheat noodles****Chicken Noodle Soup+ & Sunbutter Sandwich+** |
| **PM Snack****1 serving of each****Combination of 2**1. Fluid Milk
2. Meat or Meat Alternate
3. Fruit, Vegetable, or Juice
4. Grain/Bread
 | 1. **Milk**
2. **n/a**
3. **Pears**
4. **N/a**
 | 1. **n/a**
2. **n/a**
3. **100% Grape Juice & Salsa**
4. **Tortilla Chips**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Graham Crackers**
 | 1. **Milk**
2. **n/a**
3. **n/a**
4. **Apple Cinnamon Muffin**
 |

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