

**Cycle MENU FULL DAY 2011 - 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Bran Muffins, Yogurt, Mandarins, Milk ----- Hamburgers on w/w buns, <b>Baby Carrots</b> , Kiwi, Milk ----- String cheese, Apples	2 Cheerios, Peaches, Milk ----- Enchiladas ( <b>type?</b> ), Green salad, Strawberries, Milk ----- <b>Veggie sticks</b> , Milk	3 WG Waffle, Strawberries, Milk ----- Chicken Veggie noodle soup, Red Apples, Roll, Milk ----- Bagels W/w, <b>Low fat</b> cream Cheese, Milk,	4 Total, Bananas, Milk ----- Cheese pizza, Cantaloupe, Broccoli, Milk ----- Yogurt, Berries	5 Raisin Bread, Pears, Milk ----- Tuna Salad WW Sandwich , Veggie Sticks, Berries, Milk ----- Cereal, Milk
6 Oatmeal, Blueberries, Milk ----- Turkey Sandwich w/w, Kiwi, Carrot Sticks, Milk ----- Mozzarella Sticks, Apples	7 Life Cereal, Strawberries, Milk ----- Salmon/ lemon wedges, Brown Rice, Apples, Broccoli, Milk ----- Hard Boiled Eggs, Crackers	8 Granola, Bananas, Milk ----- Veggie Lasagna, Spinach Salad, Cantaloupe, WG Bread, Milk ----- Quesadillas, Apple slices	9 English Muffins, Veggie patties Peaches, Milk ----- Bread Chicken, W/W Roll Green beans, Mango, Milk ----- Veggie Sticks & Dip, Milk	10 W/W Bread, Pineapple & Cottage. Cheese, Milk ----- Brown Rice, Beans, Cheese Flour Quesadilla <b>w/w</b> , Salad, Oranges, Milk ----- Graham Crackers, Milk
11 Whole Wheat French Toast, Strawberries, Milk ----- Fried <b>brown</b> Rice W/ Chicken, Peas, Oranges, Milk ----- WG Bread Sticks, Cheese Cubes	12 Bagels <b>w/w</b> & C. Cheese, Mandarins, Milk ----- Macaroni & Cheese, w/w Rolls, Broccoli, Apple, Milk ----- Peaches & Cottage Cheese	13 Cheerios, Bananas, Milk ----- Fish Patty, <b>low fat</b> w/w Buns, ----- Cucumbers, Milk <b>Mango</b> ----- Yogurt, Strawberries	14 Raisin bread, Peaches, Milk ----- Taco Soup, Watermelon, Salad, Corn Tortillas Chips, Milk ----- Fruit Bars( <b>whole grain?</b> ), Milk	15 Quesadillas <b>w/w</b> , Oranges, Milk ----- Chicken thighs, Yakisoba noodles, Carrots, Honeydew, Milk ----- <b>W/w</b> Bagels w/ Cream cheese, Milk
16 Bran Muffins, Fruit Salad, Milk ----- Chicken Breast on w/w buns, Kiwi, Carrot Sticks, Milk ----- <b>W/w</b> crackers & Cheese, Apple Slices	17 W/w English Muffin, Veggie Patties Applesauce, Milk ----- Spaghetti w/ Meat Balls, Salad, Whole Grain Bread, Oranges, Milk ----- <b>Bananas</b> , Animal Crackers, Milk	18 Total, Bananas, Milk ----- Bean Cheese Burrito, Cucumbers, Oranges, Milk ----- Yogurt, Peaches	19 Granola, Yogurt, Peaches, Milk ----- Fish Shapes ( <b>low fat</b> ), Rice, Broccoli, Apples, Milk ----- <b>Whole grain corn</b> chips w/ Salsa, Oranges, Cheese Cubes	20 Life Cereal, Blueberries, Milk ----- Manicotti, Whole Grain Bread, Salad, Cantaloupe, Milk ----- ----- Veggie Sticks and Dip, Milk
21 Bagels <b>w/w</b> , <b>Low fat</b> cream Cheese, Pears, Milk ----- Garden burgers on w/w buns, Baby Carrots, Kiwi, Milk ----- Wheat Thin , Cheese and Apple	22 Oatmeal, Berries, Milk ----- Baked Chicken, Spinach Salad w/Mandarins,Bread Sticks, Milk ----- Veggie Sticks & Cottage Cheese	23 Cheerios, Bananas, Milk ----- Mexican Rice w/ chicken, Cantaloupe, Mixed Veggies, Milk ----- Yogurt, Raspberries	24 W/W Bread, Cottage Cheese, Pineapple, Milk ----- Minestrone soup, Cheese Cubs, w/w rolls, Oranges, Milk ----- Bananas, Graham Crackers, Milk	25 Mini Muffins, Peaches, Milk ----- Cod with lemon wedges, Rice, Broccoli, Pears, Milk ----- Whole Grain Cracker & Cheese

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\* All Grain Products are whole grain or brown rice. 1% Milk for children age 2 and older. Potable water is readily available.

**MENU PART DAY 2011- 2012**

<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>1</b> Bran Muffins, Yogurt, Mandarins, Milk ----- Hamburgers on w/w buns, Baby Carrots, Kiwi, Milk	<b>2</b> Cheerios, Peaches, Milk ----- Enchiladas, Green salad, Strawberries, Milk	<b>3</b> WG Waffle, Strawberries, Milk ----- Chicken Veggie noodle soup, Apples ,W/W Roll, Milk	<b>4</b> Total, Bananas, Milk ----- Cheese pizza, Apples/ Cantaloupe, Broccoli, Milk	<b>5</b> Raisin Bread, Pears, Milk ----- Tuna Salad Sandwich , Veggie Sticks, Berries, Milk
<b>6</b> Oatmeal, Blueberries, Milk ----- Turkey Sandwich w/w, Kiwi, Carrot Sticks, Milk	<b>7</b> Life Cereal, Strawberries, Milk ----- Salmon/ lemon wedges, Brown Rice , Apples, Broccoli, Milk	<b>8</b> Granola, Bananas, Milk ----- Veggie Lasagna, Salad, Cantaloupe, Whole Grain Bread, Milk	<b>9</b> English Muffins, Veggie patties, Peaches, Milk ----- Bread Chicken, W/W Rolls Green beans, Mango, Milk	<b>10</b> W/W Bread, Pineapple & Cottage. Cheese, Milk ----- Rice, Beans, Cheese Quesadilla, Salad, Oranges,Milk
<b>11</b> Whole Wheat, Strawberries, Milk ----- Chicken, Peas, Oranges, Milk	<b>12</b> Bagels & C. Cheese, Mandarins, Milk ----- Macaroni & Cheese, w/w Rolls, Broccoli, Berries, Milk	<b>13</b> Cheerios, Bananas, Milk ----- Fish Patty w/w Buns, Apples Cucumbers, Milk	<b>14</b> Raisin bread, Peaches, Milk ----- Taco Soup, Watermelon, Cucumbers, Corn Tortillas Chips, Milk	<b>15</b> Quesadillas, Oranges, Milk ----- Chicken thighs, Yakisoba noodles, Carrots, Honeydew, Milk
<b>16</b> Bran Muffins, Fruit Salad, Milk ----- Chicken Breast on w/w buns, Kiwi, Carrot Sticks, Milk	<b>17</b> W/W English Muffins, Veggie patties, Applesauce, Milk ----- Spaghetti w/ Meat Balls, Salad, WG Bread, Oranges, Milk	<b>18</b> Total, Bananas, Milk ----- Bean Cheese Burrito, Cucumbers, Oranges, Milk	<b>19</b> Granola, Yogurt, Peaches, Milk ----- Fish Shapes, Rice, Broccoli, Apples, Milk	<b>20</b> Life Cereal, Blueberries, Milk ----- Manicotti, WG Bread, Salad, Cantaloupe, Milk
<b>21</b> Bagels, Cream Cheese, Pears, Milk ----- Garden burgers on w/w buns, Baby Carrots, Kiwi, Milk	<b>22</b> Oatmeal, Berries, Milk ----- Baked Chicken, Spinach Salad w/Mandarins, W/G Bread Sticks, Milk	<b>23</b> Cheerios, Bananas, Milk ----- Mexican Rice w/ chicken, Cantaloupe, Mixed Veggies, Milk	<b>24</b> W/W Bread,Cottage Cheese Peaches, Milk ----- Minestrone soup, Cheese Cubs, w/w rolls, Oranges, Milk	<b>25</b> Mini Muffins, Pineapples, Milk ----- Cod with lemon wedges, Brown Rice, Broccoli, Pears, Milk

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