

## FOUR WEEK ROTATING MENU

| <b>BREAKFAST</b>       |  | <b>MONDAY</b>     | <b>TUESDAY</b>    | <b>WEDNESDAY</b> | <b>THURSDAY</b>          | <b>FRIDAY</b>    |
|------------------------|--|-------------------|-------------------|------------------|--------------------------|------------------|
| Milk                   |  | Milk              | Milk              | Milk             | Milk                     | Milk             |
| Fruit And/Or Vegetable |  | Bananas           | Apple Slices      | Oranges          | Peaches                  | Bananas          |
| Bread Or Alternative   |  | Cheerios          | Blueberry Muffin  | Waffles          | W. Toast with Cinnamon   | Plain Donut      |
| <b>AM Snack</b>        |  | <b>MONDAY</b>     | <b>TUESDAY</b>    | <b>WEDNESDAY</b> | <b>THURSDAY</b>          | <b>FRIDAY</b>    |
| Milk                   |  |                   |                   |                  |                          |                  |
| Fruit And/Or Vegetable |  | 100% Juice        | 100% Juice        | 100% Juice       | 100% Juice               | 100% Juice       |
| Bread or Alternative   |  | Goldfish Crackers | Animal Crackers   | Rice Cakes       | Nilla Wafers             | Ritz Crackers    |
| Meat or Alternative    |  |                   |                   |                  |                          |                  |
| <b>LUNCH</b>           |  | <b>MONDAY</b>     | <b>TUESDAY</b>    | <b>WEDNESDAY</b> | <b>THURSDAY</b>          | <b>FRIDAY</b>    |
| Milk                   |  | Milk              | Milk              | Milk             | Milk                     | Milk             |
| Fruit And/Or Vegetable |  | Peas              | Corn              | Bananas          | Carrot Sticks            | Green Beans      |
| (2 Or More)            |  | French Fries      | Applesauce        | Strawberries     | Fruit Cocktail           | Apple Slices     |
| Bread Or Alternative   |  | Macaroni & Cheese | Brown Rice        | W. Bread         | Elbow Macaroni           | Pizza Crust      |
| Meat Or Alternative    |  | Chicken Nuggets   | Ground Beef       | Turkey Slices    | Beef or Turkey Meatballs | Cheese/Pepperoni |
| Other Foods            |  | Yogurt            |                   | Cheese           | Tomato Sauce             | Tomato Sauce     |
| <b>PM Snack</b>        |  | <b>MONDAY</b>     | <b>TUESDAY</b>    | <b>WEDNESDAY</b> | <b>THURSDAY</b>          | <b>FRIDAY</b>    |
| Milk                   |  |                   |                   |                  |                          |                  |
| Fruit And/Or Vegetable |  |                   |                   |                  |                          |                  |
| Bread Or Alternative   |  |                   |                   |                  |                          |                  |
| Meat Or Alternative    |  |                   |                   |                  |                          |                  |
| <b>BREAKFAST</b>       |  | <b>MONDAY</b>     | <b>TUESDAY</b>    | <b>WEDNESDAY</b> | <b>THURSDAY</b>          | <b>FRIDAY</b>    |
| Milk                   |  | Milk              | Milk              | Milk             | Milk                     | Milk             |
| Fruit And/Or Vegetable |  | Cantaloupe        | Bananas           | Orange Slices    | Strawberries             | Bananas          |
| Bread Or Alternative   |  | Blueberry Muffin  | Cheerios          | Waffles          | W. Toast with Cinnamon   | Plain Donut      |
| <b>AM Snack</b>        |  | <b>MONDAY</b>     | <b>TUESDAY</b>    | <b>WEDNESDAY</b> | <b>THURSDAY</b>          | <b>FRIDAY</b>    |
| Milk                   |  |                   |                   |                  |                          |                  |
| Fruit And/Or Vegetable |  | 100% Juice        | 100% Juice        | 100% Juice       | 100% Juice               | 100% Juice       |
| Bread or Alternative   |  | Pretzels          | Goldfish Crackers | Animal Crackers  | Cheez Its                | Graham Crackers  |
| Meat or Alternative    |  |                   |                   |                  |                          |                  |
| <b>LUNCH</b>           |  | <b>MONDAY</b>     | <b>TUESDAY</b>    | <b>WEDNESDAY</b> | <b>THURSDAY</b>          | <b>FRIDAY</b>    |

|                        |                  |                     |                          |                   |               |
|------------------------|------------------|---------------------|--------------------------|-------------------|---------------|
| Milk                   | Milk             | Milk                | Milk                     | Milk              | Milk          |
| Fruit And/Or Vegetable | Pineapple Chunks | Apple Slices        | Corn                     | Fruit Cocktail    | Green Beans   |
| (2 Or More)            | Peas             | Carrot Sticks       | Applesauce               | French Fries      | Orange Slices |
| Bread Or Alternative   | W. Bread         | W. Bread            | Pasta                    | Macaroni & Cheese | W. Bread      |
| Meat Or Alternative    | Ham Slices       | Grilled Cheese (HM) | Beef or Turkey Meatballs | Chicken Fingers   | Turkey Slices |
| Other Foods            |                  |                     | Tomato Sauce             |                   | Cheese        |

|                 |               |                |                  |                 |               |
|-----------------|---------------|----------------|------------------|-----------------|---------------|
| <b>PM Snack</b> | <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> |
|-----------------|---------------|----------------|------------------|-----------------|---------------|

|                        |  |  |  |  |  |
|------------------------|--|--|--|--|--|
| Milk                   |  |  |  |  |  |
| Fruit And/Or Vegetable |  |  |  |  |  |
| Bread Or Alternative   |  |  |  |  |  |
| Meat Or Alternative    |  |  |  |  |  |

|                  |               |                |                  |                 |               |
|------------------|---------------|----------------|------------------|-----------------|---------------|
| <b>BREAKFAST</b> | <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> |
|------------------|---------------|----------------|------------------|-----------------|---------------|

|                        |               |                    |         |              |          |
|------------------------|---------------|--------------------|---------|--------------|----------|
| Milk                   | Milk          | Milk               | Milk    | Milk         | Milk     |
| Fruit And/Or Vegetable | Orange Slices | Apple Slices       | Peaches | Strawberries | Bananas  |
| Bread Or Alternative   | W. Toast      | Blueberry Pancakes | Waffles | Plain Donut  | Cheerios |

|                 |               |                |                  |                 |               |
|-----------------|---------------|----------------|------------------|-----------------|---------------|
| <b>AM Snack</b> | <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> |
|-----------------|---------------|----------------|------------------|-----------------|---------------|

|                        |            |                 |                   |            |             |
|------------------------|------------|-----------------|-------------------|------------|-------------|
| Milk                   |            |                 |                   |            |             |
| Fruit And/Or Vegetable | 100% Juice | 100% Juice      | 100% Juice        | 100% Juice | 100% Juice  |
| Bread or Alternative   | Rice Cakes | Graham Crackers | Goldfish Crackers | Pretzels   | Granola Bar |
| Meat or Alternative    |            | Peanut Butter   |                   |            |             |

|              |               |                |                  |                 |               |
|--------------|---------------|----------------|------------------|-----------------|---------------|
| <b>LUNCH</b> | <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> |
|--------------|---------------|----------------|------------------|-----------------|---------------|

|                        |                     |                 |               |             |                  |
|------------------------|---------------------|-----------------|---------------|-------------|------------------|
| Milk                   | Milk                | Milk            | Milk          | Milk        | Milk             |
| Fruit And/Or Vegetable | Peas                | Corn            | Green Beans   | Corn        | Carrot Sticks    |
| (2 Or More)            | Fruit Cocktail      | Strawberries    | Carrot Sticks | Applesauce  | Orange Slices    |
| Bread Or Alternative   | W. Bread            | French Fries    | W. Bread      | Brown Rice  | Pizza Crust      |
| Meat Or Alternative    | Grilled Cheese (HM) | Chicken Nuggets | Turkey Slices | Ground Beef | Cheese/Pepperoni |
| Other Foods            |                     |                 | Watermelon    |             | Tomato Sauce     |

|                 |               |                |                  |                 |               |
|-----------------|---------------|----------------|------------------|-----------------|---------------|
| <b>PM Snack</b> | <b>MONDAY</b> | <b>TUESDAY</b> | <b>WEDNESDAY</b> | <b>THURSDAY</b> | <b>FRIDAY</b> |
|-----------------|---------------|----------------|------------------|-----------------|---------------|

|                        |  |  |  |  |  |
|------------------------|--|--|--|--|--|
| Milk                   |  |  |  |  |  |
| Fruit And/Or Vegetable |  |  |  |  |  |
| Bread Or Alternative   |  |  |  |  |  |
| Meat Or Alternative    |  |  |  |  |  |

| <b>BREAKFAST</b>       |  | <b>MONDAY</b> | <b>TUESDAY</b>      | <b>WEDNESDAY</b>         | <b>THURSDAY</b>   | <b>FRIDAY</b>      |
|------------------------|--|---------------|---------------------|--------------------------|-------------------|--------------------|
| Milk                   |  | Milk          | Milk                | Milk                     | Milk              | Milk               |
| Fruit And/Or Vegetable |  | Orange Slices | Apples Slices       | Bananas                  | Peaches           | Strawberries       |
| Bread Or Alternative   |  | Raisin Toast  | Blueberry Muffins   | Cheerios                 | Waffles           | Plain Donut        |
| <b>AM Snack</b>        |  | <b>MONDAY</b> | <b>TUESDAY</b>      | <b>WEDNESDAY</b>         | <b>THURSDAY</b>   | <b>FRIDAY</b>      |
| Milk                   |  |               |                     |                          |                   |                    |
| Fruit And/Or Vegetable |  | 100% Juice    | 100% Juice          | 100% Juice               | 100% Juice        | 100% Juice         |
| Bread or Alternative   |  | Nilla Wafers  | Rice Cakes          | Cheez Its                | Graham Crackers   | Goldfish Crackers  |
| Meat or Alternative    |  |               |                     |                          |                   |                    |
| <b>LUNCH</b>           |  | <b>MONDAY</b> | <b>TUESDAY</b>      | <b>WEDNESDAY</b>         | <b>THURSDAY</b>   | <b>FRIDAY</b>      |
| Milk                   |  | Milk          | Milk                | Milk                     | Milk              | Milk               |
| Fruit And/Or Vegetable |  | Green Beans   | Cucumber Slices     | Cantaloupe               | Orange Slices     | Green Beans        |
| (2 Or More)            |  | Corn          | Peas                | Carrot Sticks            | French Fries      | Applesauce         |
| Bread Or Alternative   |  | W. Bread      | W. Bread            | Pasta                    | Macaroni & Cheese | Pizza Crust        |
| Meat Or Alternative    |  | Turkey Slices | Grilled Cheese (HM) | Beef or Turkey Meatballs | Chicken Fingers   | Cheese & Pepperoni |
| Other Foods            |  |               |                     |                          |                   | Tomato Sauce       |
| <b>PM Snack</b>        |  | <b>MONDAY</b> | <b>TUESDAY</b>      | <b>WEDNESDAY</b>         | <b>THURSDAY</b>   | <b>FRIDAY</b>      |
| Milk                   |  |               |                     |                          |                   |                    |
| Fruit And/Or Vegetable |  |               |                     |                          |                   |                    |
| Bread Or Alternative   |  |               |                     |                          |                   |                    |
| Meat Or Alternative    |  |               |                     |                          |                   |                    |

This document was created with Win2PDF available at <http://www.win2pdf.com>.  
The unregistered version of Win2PDF is for evaluation or non-commercial use only.  
This page will not be added after purchasing Win2PDF.