

OCTOBER 2011 BREAKFAST

| | Minimum Serving Size | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|-----------------------------|----------------------|----------------------|-------------------------|------------------|----------------------|
| | | 3 | 4 | 5 | 6 | 7 |
| Meat/Alternate | 1 oz | | | Yogurt | | Breakfast Hot Pocket |
| Grain/Bread/Pasta | 1 slice/1 oz/ 3/4 cup | Cherry Apple Crunch | Cinnamon Granola Bar | White Powdered Donut | Cereal (2) | |
| Fruit/Vegetable | 1/2 cup | Orange Juice | Apple Juice | Orange Juice | Grape Juice | |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | |
| Component | Minimum Serving Size | 10 | 11 | 12 | 13 | 14 |
| Meat/Alternate | 1 oz | Cream Cheese | Yogurt | | | Sausage |
| Grain/Bread/Pasta | 1 slice/1 oz/ 3/4 cup | Honey Bagel | Blueberry Muffin | Morning Mix Up | Super Donut | Waffle |
| Fruit/Vegetable | 1/2 cup | Orange Juice | Grape Juice | Orange Juice | Apple Juice | Orange Juice |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | Milk |
| Component | Minimum Serving Size | 17 | 18 | 19 | 20 | 21 |
| Meat/Alternate | 1 oz | | | Yogurt | | Sausage |
| Grain/Bread/Pasta | 1 slice/1 oz/ 3/4 cup | Mini Banana Loaf (2) | Cherry Apple Crunch | Cinnamon Powdered Donut | Cereal (2) | French Toast |
| Fruit/Vegetable | 1/2 cup | Orange Juice | Apple Juice | Orange Juice | Grape Juice | Orange Juice |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | Milk |
| Component | Minimum Serving Size | 24 | 25 | 26 | 27 | 28 |
| Meat/Alternate | 1 oz | | | Yogurt | | Sausage |
| Grain/Bread/Pasta | 1 slice/1 oz/ 3/4 cup | Morning Mix Up | Cinnamon Granola Bar | Apple Cinnamon Muffin | Breakfast Square | Strawberry Pancake |
| Fruit/Vegetable | 1/2 cup | Orange Juice | Apple Juice | Orange Juice | Grape Juice | Orange Juice |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | Milk |
| Component | Minimum Serving Size | 31 | | | | |
| Meat/Alternate | 1 oz | | | | | |
| Grain/Bread/Pasta | 1 slice/1 oz/ 3/4 cup | Super Donut (1) | | | | |
| Fruit/Vegetable | 1/2 cup | Orange Juice | | | | |
| Milk (fluid) | 1 cup | Milk | | | | |

OCTOBER 2011 LUNCH

| Component | Minimum Serving Size | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------|-----------------------------|---|---|--|-----------------------------------|--|
| | | 3 | 4 | 5 | 6 | 7 |
| Meat/Alternate | 2oz | Polish Sausage w/Mustard/Ketchup | Chicken Tender Wrap w/Cheese Lettuce/Ranch | Spaghetti w/Meat Sauce, | Breaded Chicken Rings w/BBQ Sauce | |
| Grain/Bread/Pasta | 1 slice/1/2 cup | Wheat Hotdog Bun | Soft Tortilla Shell | Wheat Roll | Wheat Roll | Pizza |
| Fruit/Vegetable | 1 cup | Baked Beans, Peaches | Mexican Corn, Tropical Fruit | Tossed Salad w/Ranch, Applesauce | Seasoned Carrots, Pears, Raisins | Veggie Sticks w/Dip, Fresh Grapes |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | Milk |
| | | | | | | Cookie |
| Component | Minimum Serving Size | 10 | 11 | 12 | 13 | 14 |
| Meat/Alternate | 2oz | Walking Turkey Taco, Cheese | BBQ Fajita Chicken | Salisbury Steak w/Gravy | Footlong Hotdog w/Mustard/Ketchup | |
| Grain/Bread/Pasta | 1 slice/1/2 cup | Baked Doritos | Wheat Bun | Wheat Roll | Footlong Bun | Pizza |
| Fruit/Vegetable | 1 cup | Lettuce, Salsa, Refried Beans, Tropical Fruit | Corn Cobette, Mandarin Oranges | Mashed Potatoes, Pineapple | Baked Beans, Peaches | Tossed Salad w/Ranch & Raisins, Fresh Banana |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | Milk |
| | | | | | | Cookie |
| Component | Minimum Serving Size | 17 | 18 | 19 | 20 | 21 |
| Meat/Alternate | 2oz | Breaded Chicken Breast | Cheeseburger w/Mustard/Ketchup | Homemade Chicken & Noodles, Wheat Roll | Homemade Sloppy Joe | |
| Grain/Bread/Pasta | 1 slice/1/2 cup | Wheat Roll | Wheat Bun | | Wheat Bun | Pizza |
| Fruit/Vegetable | 1 cup | Mashed Potatoes, Applesauce | Green Beans, Peaches | Tossed Salad w/Ranch, Mandarin Oranges | Corn Cobette, Pineapple | Veggie Sticks w/Dip, Fresh Orange, Raisins |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | Milk |
| | | | | | | Cookie |
| Component | Minimum Serving Size | 24 | 25 | 26 | 27 | 28 |
| Meat/Alternate | 2oz | Breaded Chicken Dippers | Walking Turkey Taco, Cheese | Chili | Footlong Hotdog w/Mustard/Ketchup | |
| Grain/Bread/Pasta | 1 slice/1/2 cup | Wheat Roll | Doritos | Crackers (3pkg) | Footlong Bun | Pizza |
| Fruit/Vegetable | 1 cup | Broccoli w/Cheese Sauce, Pineapple | Lettuce, Salsa, Refried Beans, Tropical Fruit | Tossed Salad/Ranch Drsg, Peaches | Baked Beans, Mandarin Oranges | Veggie Sticks w/Dip, Fresh Apple |
| Milk (fluid) | 1 cup | Milk | Milk | Milk | Milk | Milk |
| | | | | | | Cookie |
| Component | Minimum Serving Size | 31 | | | | |
| Meat/Alternate | 2oz | Polish Sausage w/Mustard/Ketchup | | | | |
| Grain/Bread/Pasta | 1 slice/1/2 cup | Wheat Hotdog Bun | | | | |
| Fruit/Vegetable | 1 cup | Baked Beans, Peaches | | | | |
| Milk (fluid) | 1 cup | Milk | | | | |