

Meal Pattern		Monday	Tuesday	Wednesday	Thursday	Friday
A.M.	Snack (2 Food Groups)	Corn Bran	Whole Wheat Pita Bread with Chicken	Muffins/Fruit	Egg Salad Sandwich	Apple/Whole Wheat Toast
		Milk/Orange Juice	Milk	Milk	Milk	Milk
LUNCH	Meat or Alternate	Homemade Chicken Vegetable Barley Soup	Shepherds Pie (Beef)	Submarine Sandwich (Sliced Chicken)	Spinach Lasagne (with Lentil)	Multigrain Haddock
	Bread or Cereal	W.W. Bread W.W. Noodles	W.W. Bread	W.W. Bun	W.W. Bread W.W. Noodles	Brown Rice W.W. Bread
	Fruits & Vegetables	Turnip, Carrot, Tomato, Sweet Potato Apple Wedges	Carrots, Peas, Green Beans, Potatoes Cantaloupe	Lettuce, Tomato, Baby Carrots, Cheese, Cucumbers, Broccoli Banana	Cauliflower, Turnip, Spinach, Tomatoes Orange Wedges	Squash, Slice Tomatoes, Peas Honeydew Melon
	Milk or Milk Products	Milk	Milk	Milk	Milk	Milk
	Other					
P.M.	Snack (2 Food Groups)	Banana Logs	Humus & Vegetables	Tuna Vegetable Dip With Crackers	Homemade Fruit Salad	Cereal Bran Bars