



Delivering Nourishment.
Improving Health.

SAMPLE WEEKLY MENU

Children's Menu

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	BREAKFAST QUESADILLA ON A WHOLE WHEAT WRAP ORANGE	APPLE CINNAMON HOT CEREAL FRUIT CUP GO GURT YOGURT	EGG SANDWICH ON AN ENGLISH MUFFIN TURKEY BACON GO GURT YOGURT	FRENCH TOAST STICKS TURKEY SAUSAGE APPLE	CHEERIOS CEREAL WITH 2% MILK FRUIT CUP GO GURT YOGURT	CHEESE OMELET HASH BROWNS FRUIT CUP	WHOLE GRAIN PANCAKES TURKEY SAUSAGE PEAR
LUNCH	CHICKEN NOODLE SOUP WHOLE GRAIN ROLL PEAR	VEGETABLE LASAGNA ZUCCHINI AND SQUASH	CHICKEN NUGGETS SWEET POTATO FRIES GO GURT YOGURT	CORN CHOWDER WHOLE GRAIN ROLL APPLE	FISH STICKS BABY CARROTS GO GURT YOGURT	BEEFY MAC & CHEESE SLICED APPLES GREEN BEANS	CHICKEN SALAD SANDWICH APPLESAUCE
DINNER	TURKEY TACO ON WHOLE WHEAT TORTILLA CALIFORNIA VEGETABLE BLEND	CORN FLAKE CHICKEN SWEET POTATO & APPLES SPINACH	PORK CHOP ROASTED POTATOES BROCCOLI	BAKED SALMON BROWN RICE SAUTEED PEAS	MAC & CHEESE STEWED TOMATOES SPICED APPLES	CHICKEN PARMESAN WHOLE WHEAT PASTA BABY CARROTS	ROAST BEEF MASHED POTATOES SAUTEED ZUCCHINI
DESSERT	APPLE COBBLER	APPLE COBBLER	APPLE COBBLER	APPLE COBBLER	APPLE COBBLER	APPLE COBBLER	APPLE COBBLER



THE CHILDREN'S MENU RUNS ON A 3-WEEK CYCLE

NUTRIENT DESCRIPTION (PER DAY):

1200 KCALS, 50% CHO, 30% FAT, 20% PROTEIN, 17g. FIBER
2g. SODIUM, 1g. CALCIUM, 10mg IRON, 25mg VITAMIN C

