



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	<b>BREAKFAST QUESADILLA</b> <small>ON A WHOLE WHEAT WRAP</small> ORANGE	<b>APPLE CINNAMON HOT CEREAL</b> FRUIT CUP	<b>EGG SANDWICH</b> <small>ON AN ENGLISH MUFFIN</small> TURKEY BACON APPLESAUCE	<b>FRENCH TOAST STICKS</b> VEGGIE SAUSAGE APPLE	<b>CHEERIOS CEREAL</b> <small>WITH 2% MILK</small> APPLESAUCE	<b>CHEESE OMELET</b> HASH BROWNS FRUIT CUP	<b>WHOLE GRAIN PANCAKES</b> TURKEY SAUSAGE PEAR
LUNCH	<b>CHICKEN NOODLE SOUP</b> WHOLE GRAIN ROLL PEAR	<b>VEGETABLE LASAGNA</b> ZUCCHINI AND SQUASH	<b>CHICKEN NUGGETS</b> SWEET POTATO FRIES GO GURT YOGURT	<b>CORN CHOWDER</b> WHOLE GRAIN ROLL FRUIT CUP	<b>FISH STICKS</b> BABY CARROTS GO GURT YOGURT	<b>BEEFY MAC &amp; CHEESE</b> SLICED APPLES	<b>CHICKEN SALAD SANDWICH</b> APPLESAUCE
DINNER	<b>TURKEY TACO</b> <small>ON WHOLE GRAIN TORTILLA</small> CALIFORNIA VEGETABLE BLEND	<b>SWEET &amp; SOUR CHICKEN</b> STIR FRY VEGETABLES EGG ROLL	<b>BAKED PORK CHOP</b> ROASTED POTATOES BROCCOLI	<b>BAKED SALMON</b> BROWN RICE SAUTEED PEAS	<b>CHEESE RAVIOLI</b> <small>WITH RED SAUCE</small> GREEN BEANS	<b>CHICKEN PARMESAN</b> WHOLE WHEAT PASTA BABY CARROTS	<b>ROAST BEEF</b> MASHED POTATOES SAUTEED ZUCCHINI
DESSERT	<b>PEACH COBBLER</b>	<b>APPLESAUCE BARS</b>	<b>FRUIT SALAD</b>	<b>APPLE COBBLER</b>	<b>APPLESAUCE BARS</b>	<b>PEACH COBBLER</b>	<b>FRUIT SALAD</b>



### 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

