

**PROMESA; SBP & NSLP K-5 Breakfast & Lunch Menu Cycle: 4 Weeks/20 Days**

		<b>Monday</b>		<b>Tuesday</b>		<b>Wednesday</b>		<b>Thursday</b>		<b>Friday</b>	
B r e a k f a s t	Day 1	Day 2		Day 3		Day 4		Day 5			
	<b>Breakfast Sandwich</b>						<b>Breakfast Pizza</b>				
	Egg Patty	1.5 oz/1 ea	Cereal: WG Cheerios	0.68 oz/1 ea	Blueberry Cereal Bar	1.3 oz/1 ea	Turkey Sausage Pizza	1 - 3.7 oz	WG Waffle	2 each	
	Sliced Cheese	1 oz/1 ea	Cinn. Goldfish Crackers	0.9 oz/1 ea	Mozzarella String Cheese	1 oz/1 ea	Pineapple Tidbit Cup	4 oz/1 ea	Cinn/Raisin Peaches	1/2 c. on plate	
	WW English Muffin	2 oz/1 ea	Fresh Whole Banana	1 each	Diced Pear Cup	4 oz/1 ea	100% Orange Juice	4 oz/1 ea	100% Apple Juice	4 oz/1 ea	
	Pineapple Tidbit Cup	4 oz/1 ea	Milk	8 fl oz	100% Grape Juice	4 oz/1 ea	Milk	8 fl oz	Milk	8 fl oz	
100% Apple Juice	4 oz/1 ea			Milk	8 fl oz			(Syrup)	1 each		
Milk	8 fl oz										
L u n c h	Day 1	Day 2		Day 3		Day 4		Day 5			
	<b>Spaghetti &amp; Beef Meatballs</b>		<b>Taco Tuesday</b>		<b>Hot Dog</b>		<b>Mini Corn Dogs</b>		<b>PJ Pepperoni Pizza</b>		
	Beef Meatballs	3 - 0.5 oz	Ground Turkey	3 oz	Turkey Hot Dog	2 oz/1 ea	WG Mini Corn Dogs	6 - 0.7 oz	WW Cheese or Pepperoni Pizza	1 slice/5.2 oz	
	WW Spaghetti	1/2 cup	Shredded Cheese	1 oz	WW Hot Dog Bun	1.5 oz/1 ea	Steamed Corn	1/2 cup	Baby Carrots	7 sticks	
	Spaghetti Sauce	1/4 cup	Lettuce/Tomato Cup	1 cup	Sweet Potato Tots	16 pieces	Italian Veggie Blend	1/2 cup	Side Salad	1 cup	
	Steamed Broccoli	1/2 cup	WW Tortilla	1 - 6in	Green Beans	1/2 cup	Fresh Whole Fruit	1/2 cup	Fresh Whole Fruit	1/2 cup	
Buttered Yellow Squash	1/2 cup	Pinto Beans	1/2 cup	Fresh Whole Fruit	1/2 cup	Milk	8 fl oz	Milk	8 fl oz		
Fresh Whole Fruit	1/2 cup	Fresh Whole Fruit	1/2 cup	Milk	8 fl oz	(Ketchup)	2 each	(FF Ranch Dressing)	1.5 oz/1 ea		
Milk	8 fl oz	Milk	8 fl oz	(Ketchup)	2 each	(Mustard)	2 each				
				(Mustard)	2 each						
S n a c k	Day 1	Day 2		Day 3		Day 4		Day 5			
	Multi-Grain Sun Chips	1 oz/1 ea	Mozzarella String Cheese	1 oz/1 ea	Cheddar Rectangle	.96 oz/2 ea	Fresh Whole Banana	1 each	Strawberry Chex Mix	1.03oz/1 ea	
	100% Orange Juice	8 oz/1 ea	Honey Graham Crackers	2 pkgs	WW Animal Cracker	1 oz/1 ea	Blueberry Muffin	2 oz/1 ea	100% Orange Juice	8 oz/1 ea	

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<b>Day 6</b>		<b>Day 7</b>		<b>Day 8</b>		<b>Day 9</b>		<b>Day 10</b>		
r e a k f a s	<b>Breakfast Sandwich</b>					<b>Fruit &amp; Yogurt Plate</b>				
	Turkey Canadian Bacon Slice	1 slice	Cereal: WG Frosted Flakes	1 oz/1 ea	WG Waffle	2 each	Vanilla Yogurt	1/2 cup	WG Strawberry Poptart	1.69 oz/1 ea
	Sliced Cheese	1 slice	Mozzarella String Cheese	1 oz/1 ea	Cinn/Raisin Peaches	1/2 c. on plate	Granola	1/4 c. on plate	Mandarin Orange Cup	4 oz/1 ea
	WG Biscuit	2 oz/1 ea	Fresh Whole Banana	1 each	100% Grape Juice	4 oz/1 ea	Diced Mango	1/2 c. on plate	100% Apple Juice	4 oz/1 ea
	Cinn/Raisin Apples	1 c. on plate	Milk	8 fl oz	Milk	8 fl oz	100% Orange Juice	4 oz/1 ea	Milk	8 fl oz
Milk	8 fl oz			(Syrup)	1 ea	Milk	8 fl oz			
L u n c h	<b>Day 6</b>		<b>Day 7</b>		<b>Day 8</b>		<b>Day 9</b>		<b>Day 10</b>	
	<b>WG Breaded Chicken Nuggets</b>		<b>Lemon Herb Chicken</b>		<b>Spaghetti &amp; Meat Sauce</b>		<b>Sweet &amp; Sour Chicken</b>		<b>PJ Pepperoni Pizza</b>	
	4 - 0.69 oz		3.1 oz/1 each		Ground Turkey	3 oz	WG Chicken Nuggets	4 - 0.69 oz	WW Cheese or Pepperoni Pizza	1 slice/5.2 oz
	Mashed Potatoes	1/2 cup	WW Roll	1 oz/1 ea	WW Spaghetti	1/4 cup	Steamed Brown Rice	1/2 cup	Baby Carrots	7 sticks
	Steamed Broccoli w/ Cheese	1/2 cup	Pinto Beans	1/2 cup	Spaghetti Sauce	1/4 cup	Mixed Veggie Blend	1/2 cup	Side Salad	1 cup
	Fresh Whole Fruit	1/2 cup	Buttered Carrots	1/2 cup	Seasoned Cauliflower	1/2 cup	Seasoned Zucchini	1/2 cup	Fresh Whole Fruit	1/2 cup
	Milk	8 fl oz	Fresh Whole Fruit	1/2 cup	Capri Veggie Blend	1/2 cup	Sweet & Sour Sauce	1 fl oz	Milk	8 fl oz
(Ketchup)	2 ea	Milk	8 fl oz	Fresh Whole Fruit	1/2 cup	Fresh Whole Fruit	1/2 cup	(FF Ranch Dressing)	1.5 oz/1 ea	
				Milk	8 fl oz	Milk	8 fl oz			
s n a c k	<b>Day 6</b>		<b>Day 7</b>		<b>Day 8</b>		<b>Day 9</b>		<b>Day 10</b>	
	Honey Graham Crackers	2 pkg	Banana Muffin	2 oz/1 ea	Mozzarella String Cheese	1 oz/1 ea	Baby Carrots	10 sticks	WW Animal Cracker	1 oz/1 ea
	100% Orange Juice	8 oz/1 ea	Cheddar Rectangle	.96 oz/2 ea	Cinn. Goldfish Crackers	0.9 oz/1 ea	Multi-Grain Sun Chips	1 oz/1 ea	Sunbutter Cup	1.1 oz/1 ea

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<i>Monday</i>		<i>Tuesday</i>		<i>Wednesday</i>		<i>Thursday</i>		<i>Friday</i>		
Day 11		Day 12		Day 13		Day 14		Day 15		
r e a k f a s	<b>French Toast Sticks</b>				<b>Breakfast Sandwich</b>		<b>Breakfast Taco (2EA)</b>			
	WW French Toast Sticks	3 - 0.88 oz	Cereal: WG Cinnamon Toasters	1 oz/1 ea	Turkey Sausage Patty	1.5 oz/1 ea	Bean & Cheese	1/4 cup	Raspberry Cereal Bar	1.3 oz/1 ea
	Cinn/Raisin Peaches	1 c. on plate	Honey Graham Crackers	1 pkg	WW English Muffin	2 oz/1 ea	WW Tortilla	2 - 6"	WW Animal Cracker	1 oz/1 ea
	Milk (Syrup)	8 fl oz 1 ea	Fresh Whole Banana	1 each	Cinn/Raisin Apples	1/2 c. on plate	Mixed Fruit Cup	4 oz/1 ea	Diced Pear Cup	4 oz/1 ea
		Milk	8 fl oz	100% Orange Juice	4 oz/1 ea	100% Apple Juice	4 oz/1 ea	100% Grape Juice	4 oz/1 ea	
				Milk	8 fl oz	Milk	8 fl oz	Milk	8 fl oz	
L u n c h	<b>Chicken Strips</b>		<b>Turkey Sloppy Joes</b>				<b>Chicken Parmesan</b>		<b>PJ Pepperoni Pizza</b>	
	Breaded Chicken Tenders	3 each	Ground Turkey	3 oz	Beef & Bean Burrito	5 oz/1 ea	Breaded Chicken Patty	3.1 oz/1 ea	WW Cheese or Pepperoni Pizza	1 slice/5.2 oz
	Green Beans	1/2 cup	WW Hamburger Bun	2 oz/1 ea	Mexicali Corn	1/2 cup	Mozzarella Cheese	1 oz	Baby Carrots	7 sticks
	Potatoes Au Gratin	1/2 cup	Oven Fries	1/2 cup	Pinto Beans	1/2 cup	WW Spaghetti	1/2 cup	Side Salad	1 cup
Fresh Whole Fruit	1/2 cup	Steamed Carrots	1/2 cup	Fresh Whole Fruit	1/2 cup	Spaghetti Sauce	1/4 cup	Fresh Whole Fruit	1/2 cup	
Milk (Ketchup)	8 fl oz 2 ea	Fresh Whole Fruit	1/2 cup	Milk	8 fl oz	Steamed Broccoli	1/2 cup	Milk	8 fl oz	
		Milk (Ketchup)	8 fl oz 1 each			Buttered Yellow Squash	1/2 cup	Fresh Whole Fruit	1/2 cup	
						Milk	8 fl oz	(FF Ranch Dressing)	1.5 oz/1 ea	
s n a c k	<b>Day 11</b>		<b>Day 12</b>		<b>Day 13</b>		<b>Day 14</b>		<b>Day 15</b>	
	Blueberry Muffin	2 oz/1 ea	Granola Packet	1 oz/1 ea	WW Animal Cracker	1 oz/1 ea	Strawberry Chex Mix	1.03oz/1 ea	Cheddar Rectangle	.96 oz/2 ea
	Mozzarella String Cheese	1 oz/1 ea	Fruit Yogurt Cup	4 oz/1 ea	100% Orange Juice	8 oz/1 ea	Fresh Banana	1 each	Cinn. Goldfish Crackers	0.9 oz/1 ea

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<b>B r e a k f a s t</b>	<b>Day 16</b>		<b>Day 17</b>		<b>Day 18</b>		<b>Day 19</b>		<b>Day 20</b>	
	WW Pancakes	2 - 1.2 oz	Cereal: WG Trix Cereal	1 oz/ 1 ea	WW Biscuit	1 oz/1 ea	<b>Fruit &amp; Yogurt Plate</b>		WG Blueberry Poptart	1.69 oz/1 ea
	Cinn/Raisin Peaches	1 c. on plate	Mozzarella String Cheese	1 oz/1 ea	Assorted Jelly	.5 oz/1 ea	Vanilla Yogurt	1/2 cup	Mixed Fruit Cup	4 oz/1 ea
	Milk	8 fl oz	Fresh Whole Banana	1 each	Pineapple Tidbit Cup	4 oz/1 ea	Granola	1/4 c. on plate	100% Apple Juice	4 oz/1 ea
	(Syrup)	1 ea	Milk	8 fl oz	100% Grape Juice	4 oz/1 ea	Mixed Berries	1/2 c. on plate	Milk	8 fl oz
				Milk	8 fl oz	100% Orange Juice	4 oz/1 ea			
						Milk	8 fl oz			
<b>L u n c h</b>	<b>Day 16</b>		<b>Day 17</b>		<b>Day 18</b>		<b>Day 19</b>		<b>Day 20</b>	
	<b>Cheese Ravioli</b>				<b>Cheeseburger</b>		<b>Chicken Penne Alfredo</b>		<b>PJ Pepperoni Pizza</b>	
	WG Cheese Ravioli	7 ea	Breaded Steak Fingers	4 - 0.97 ea	Beef Patty	3 oz/1 ea	Grilled Chicken Strips	3 oz	WW Cheese or Pepperoni Pizza	1 slice/5.2 oz
	Spaghetti Sauce	1/4 cup	Mashed Potatoes	1/2 cup	Sliced Cheese	1 slice	WG Penne Pasta	1/2 cup	Baby Carrots	7 sticks
	WW Roll	1 oz/1 ea	Normandy Veggie Blend	1/2 cup	WW Hamburger Bun	2.1 oz/1 ea	Alfredo Sauce	2 fl oz	Side Salad	1 cup
Green Beans	1/2 cup	Fresh Whole Fruit	1/2 cup	Tater Tots	1/2 cup	Steamed Broccoli	1/2 cup	Fresh Whole Fruit	1/2 cup	
Black-Eyed Peas	1/2 cup	Milk	8 fl oz	Buttered Carrots	1/2 cup	Seasoned Cauliflower	1/2 cup	Milk	8 fl oz	
Fresh Whole Fruit	1 cup	(Ketchup)	2 ea	Fresh Whole Fruit	1/2 cup	Fresh Whole Fruit	1/2 cup	(FF Ranch Dressing)	1.5 oz/1 ea	
Milk	8 fl oz			Milk	8 fl oz	Milk	8 fl oz			
				(Ketchup)	2 each					
				(Mustard)	2 each					
<b>s n a c k</b>	<b>Day 16</b>		<b>Day 17</b>		<b>Day 18</b>		<b>Day 19</b>		<b>Day 20</b>	
	Mozzarella String Cheese	1 oz/1 ea	Baby Carrots	10 sticks	100% Orange Juice	8 oz/1 ea	Multi-Grain Sun Chips	1 oz/1 ea	Fruit Yogurt Cup	4 oz/1 ea
	100% Orange Juice	8 oz/1 ea	Honey Graham Crackers	2 pkgs	WG Cheddar Goldfish	.75 oz/1 ea	Fresh Whole Banana	1 each	Granola Packet	1 oz/1 ea

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