



Sample Menu

	Breakfast	Lunch	Snack
Monday	Branflakes Apples 1% Milk	Herb Baked Chicken Breast Spinach Salad Au Gratin Potatoes Corn Bread 1% Milk	Yogurt Mangos Water
Tuesday	French Toast Mandarin Oarnges 1% Milk	Split Pea Soup Smoked Turkey Rosted Butternut Squash Sliced Beats Whole Wheat Roll 1% Milk	Cottage Cheese Shelled Edamame Seasonal Berries
Wednesday	Gingerbread Oarnges 1% Milk	Turkey Tetrazzini Peppers & Mushrooms Pasta Garden Salad 1% Milk	Sliced Cheese Whole Wheat Crackers Water
Thursday	English Muffin Peaches 1% Milk	Black Beans Brown Rice Grilled Bell Peppers Lettuce & Tomatoes Shredded Cheddar 1% Milk	Couscous with Parm Fresh Fruit Salad Water
Friday	Oatmeal Banannas 1% Milk	Sliced Turkey Sliced Cheddar Whole Wheat Bread Applesauce Broccoli Slaw 1% Milk	Brown Rice Cakes Seasonal Fruit Water

This center participates in the Child and Adult Food Program In accordance with Federal law and U.S. Department of Agriculture policy, this center does not discriminate on the basis of race, color and national origin, sex, age or disability. To File a complaint of discrimination, write USDA, Director, Office of Civil Rights, Washington D.C. 20250-9410 or call (202) 720-5964 (voice and TDD), USDA is an equal opportunity employer.

* Vegetarian substitutions are available

** Gluten free substitutions are available