

# SAMPLE MENUS

## Sample Breakfast Menu (K-12)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole-Wheat*	Oatmeal*	Cheerios*	Breakfast Sandwich	Bagel
Breakfast Burrito	Raisins	Orange Juice	Pears	Cream Cheese
Salsa	Whole-Wheat Toast	1/2 Banana	Milk	Strawberry and Bananas
Orange Halves	Peaches	Milk		Yogurt
Milk	Milk			Milk

\* Denotes a whole-grain food item.

Skim milk (white or flavored) and unflavored 1% white must be offered

## Sample Lunch Menu (K-6)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef and Broccoli Brown Rice Bowl*	Whole-Grain Spaghetti w/ Meat Sauce*	Chicken Fajitas w/Whole-Grain Tortillas*	Whole-Grain Pizza*	Whole-Wheat Turkey Sandwich*
Peaches	Whole-Wheat Roll*	Low-Fat Refried Beans	Romaine Salad Mix	Broccoli/Cauliflower
Carrot Sticks	Romaine Salad Mix	Spanish Rice*	Pineapple Chunks	Low-Fat Ranch Dressing
Low-Fat Ranch Dressing	Pears	Grapes	Whole-Grain Rocket Bar*	Bananas
Milk	Milk	Corn	Milk	Low-Fat Chocolate Pudding
		Milk		Milk

\* Denotes a whole grain food item.

Skim milk (white or flavored) and unflavored 1% white must be offered