Menu Guide Average size s	onina	Monday	Tuesday	Wednesday	Thursday	Friday
	erving	,		,	•	
Between Meal Eating (A.M.)		HOT OATMEAL	WHOLE GRAIN	MINI WHOLE WHEAT	MULTI GRAIN	VANILLA YOGURT
		WITH	SCONES	CROISSANT WITH	CHEERIOS WITH	WITH
Milk and/or	1/4 -1/2 C	BROWN SUGAR	WITH JAM AND	WOW BUTTER	FROZEN	GRANOLA BARS
Fruit, juice, or vegetable	1/4 -1/2 C	WITH CRAISINS	MARGARINE	AND	MIXED FRUIT	AND PEARS
Bread, sandwich or	1/4 -1/2 slice	&	&	GALA APPLES	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	& MILK	MILK	WATER
Noonday Meal		VEGETABLE	VEGETABLE &	FISH BURGERS,	WHOLE WHEAT	BAKED CHICKEN
		BEEF BARLEY	GROUND BEEF	OVEN ROASTED	SPAGHETTI	BREAST FILLETS
Meat and/or alternate		SOUP	STEW	SWEET POTATO	&	
one of the following or				FRIES	MEATBALLS	
a combination	30 - 45 G					
Cooked meat, fish, poultry	30 - 45 G	GARDEN	TOSSED	COLE SLAW	SALAD	CALIFORNIA
cheese	1	SALAD	SALAD			VEGETABLES
egg	1/4 -1/2 C					
cooked dry beans		CUCUMBER	CARROT	CHERRY	PLUM TOMATOES	CUCUMBER
Vegetables and/or fruit	1/4 -1/2 C	COINS	STICKS	TOMATOES	SLICES	COINS
Bread or	1/4 -1/2 slice	WHOLE WHEAT	BROWN	WW BREAD		MULTIGRAIN
equivalent	2 - 4 T	MINI BAGEL WITH	RICE	5. 1.2. 1.5		BREAD
		CREAM CHEESE				
		CINEAWI CITEESE				
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK
		&	&	&	&	&
		PEARS	ORANGES	CLEMENTINE	GREEN GRAPES	BANANAS
Between Meal Eating (P.M.)		CRUNCHY	WHOLE WHEAT	SPINACH DIP WITH	MINI CARROT	RICE CAKES WITH
Dotwoon mour Laung (1)		RICE ROLLS	MINI PITA	BREAD STICKS	LOAVES	CHERRY TOMATOES
		AND GALA APPLES	WITH	& GREEN PEPPERS	WITH	AND MARBLE
		&	CREAM CHEESE	& GILLINI LITERS	GALA APPLES	CHEESE CUBES
		MILK	& WATER	MILK	& MILK	& WATER
Late PM Snack		BROCCOLI	CLEMENTINES	CUCUMBER	RED PEPPER	CARROT
Late I M Silack		FLORETTES	OLLIVILINITINES	SLICES	WEDGES	STICKS
		* ************************************	&	SLICES &	WEDGES	STICKS &
		α MILK	∝ MILK	MILK	∝ MILK	MILK
		IVILK	IVIILK	IVIILK	IVIILK	I WILK

r

C:Cup T:Tablespoon	G:Gram	COURTLEIGH PLACE	VEGETARIAN		WINTER MENU 1		
Menu Guide Average s	ize serving	Monday	Tuesday	Wednesday	Thursday	Friday	
Between Meal Eating (A.M.)		HOT OATMEAL	WHOLE GRAIN	MINI WHOLE WHEAT	MULTI GRAIN	MINI CARROT	
		WITH	SCONES	CROISSANT WITH	CHEERIOS WITH	LOAVES	
Milk and/or	1/4 -1/2 C	BROWN SUGAR	WITH JAM AND	WOW BUTTER	FROZEN	WITH GALA	
Fruit, juice, or vegetable	1/4 -1/2 C	WITH CRAISINS	MARGARINE	AND	MIXED FRUIT	APPLE	
Bread, sandwich or	1/4 -1/2 slice	&	&	GALA APPLES	&	&	
cereal, enriched or whole grain	1/4 -1/3 C	MILK	100% JUICE	& MILK	MILK	MILK	
Noonday Meal		VEGETABLE	VEGETABLES &	FISH BURGERS,	WHOLE WHEAT	VEGGIE	
		AND BARLEY	VEG.GROUND	OVEN ROASTED	SPAGHETTI	BURGER	
Meat and/or alternate		SOUP	ROUND STEW	SWEET POTATO	WITH VEGGIE		
one of the following or a combina	ition			FRIES	GROUND ROUND		
Cooked meat, fish, poultry	30 - 45 G						
cheese	30 - 45 G	GARDEN	TOSSED	COLE SLAW	GREEN	CALIFORNIA	
egg	1	SALAD	SALAD		SALAD	VEGETABLES	
cooked dry beans	1/4 -1/2 C						
		CUCUMBER	CARROT	CHERRY	PLUM TOMATOES	CUCUMBER	
Vegetables and/or fruit	1/4 -1/2 C	COINS	STICKS	TOMATOES	SLICES	COINS	
ŭ							
Bread or	1/4 -1/2 slice	WHOLE WHEAT	BROWN	WW BREAD		MULTI GRAIN	
equivalent	2 - 4 T	MINI BAGEL WITH	RICE			BREAD	
•		CREAM CHEESE					
Milk	1/2 - 3/4 C	0.12.11.0.12202					
WIIK	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK	
		& .	& &	& WILLY	&	WILLY	
		PEARS	ORANGES	CLEMENTINE	GREEN GRAPES	BANANA	
		. 27 10	0.0.0.020	0222.	0.122.1 0.0 11 20		
Between Meal Eating (P.M.)		CRUNCHY	WHOLE WHEAT	SPINACH DIP WITH	VANILLA YOGURT	RICE CAKES WITH	
<b>5</b> ,		RICE ROLLS	MINI PITA	BREAD STICKS	WITH	CHERRY TOMATOES	
		AND GALA APPLES	WITH	& GREEN PEPPERS	GRANOLA BARS	AND MARBLE	
		&	CREAM CHEESE	&	AND PEARS	CHEESE CUBES	
		MILK	& WATER	MILK	& WATER	& WATER	
Late PM Snack		BROCCOLI	CLEMENTINES	CUCUMBER	RED PEPPER	CARROT	
		FLORETTES		SLICES	WEDGES	STICKS	
		&	&	&	&	&	
		MILK	MILK	MILK	MILK	l MILK	

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE	PLACE WINTER MENU 2 2023-2				
Menu Guide Average size serving	]	Monday	Tuesday	Wednesday	Thursday	Friday	
Between Meal Eating (A.M.)		MINI WHOLE	MULTIGRAIN	WHOLE WHEAT	VEGETABLE &	VANILLA YOGURT,	
		WHEAT BAGEL	CHEERIOS WITH	ENGLISH MUFFINS	FRUIT SMOOTHIE,	WITH	
Milk and/or	1/4 -1/2 C	LIGHT CREAM	FROZEN	WITH	WW TOAST WITH	GRAHAM CRACKERS	
Fruit, juice, or vegetable	1/4 -1/2 C	CHEESE AND	BLUEBERRIES	APPLE BUTTER,	MARGARINE	AND	
Bread, sandwich or	1/4 -1/2 slice	GALA APPLES	&	CUCUMBER SLICES	&	FRESH BERRIES	
cereal, enriched or whole grain	1/4 -1/3 C	& MILK	MILK	& MILK	MILK	& MILK	
Noonday Meal		CHICKEN	GROUND BEEF	COD	MINCED CHICKEN	MINESTRONE	
		IN BBQ	MACARONI PIE	FISH	STEW WITH	SOUP	
Meat and/or alternate		SAUCE			MIXED VEGETABLES		
one of the following or a combination	1			ROASTED		TUNA SALAD	
Cooked meat, fish, poultry	30 - 45 G			POTATO			
cheese	30 - 45 G	COOKED					
egg	1	CALIFORNIA	GARDEN	GREEN		TOSSED	
cooked dry beans	1/4 -1/2 C	VEGETALBES	SALAD	SALAD		SALAD	
Vegetables and/or fruit	1/4 -1/2 C	CHERRY	CARROT	RED PEPPER	GREEN PEPPER	PLUM TOMATO	
· ·		TOMATOES	STICKS	WEDGES	WEDGES	SLICES	
Bread or	1/4 -1/2 slice	BROWN		WHOLE WHEAT	WHOLE WHEAT	WHOLE WHEAT	
equivalent		RICE		BREAD	COUSCOUS	PITA	
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK	
		&	&	&	&	&	
		PEARS	ORANGES	GALA APPLES	GREEN GRAPES	CLEMENTINE	
Between Meal Eating (P.M.)		TZATZIKI DIP	CORN TORTILLA,	WHOLE WHEAT	CHERRY TOMATO		
Dotwoon mour Laung (1)		WITH	SALSA, CHEDDAR	BAGEL WITH	AND	MIXED BERRIES	
		MELBA TOAST	CHEESE CUBES	MARGARINE,	MINI PITA	GRANOLA BARS	
		WITH	& MILK	AND	WITH	WITH	
		CUCUMBER COINS	* INFANTS	CARROT STICKS	CREAM CHEESE	GALA APPLES	
		&	WW PITA WITH	&	&	&	
		MILK	CREAM CHEESE	MILK	MILK	MILK	
Late PM Snack		RITZ	BANANA	OATMEAL	VEGETABLE THIN	ARROWROOT	
		CRACKERS		APPLE SAUCE	CRACKERS	COOKIES	
		&	&	COOKIES &	&	&	
		WATER	MILK	MILK	MILK	MILK	

C:Cup T:Tablespoon G:Gram		COURTLEIGH PLACE	WINTER VEGETARIA	N	WINTER MENU 2			
Menu Guide Average size serv	/ing	Monday	Tuesday	Wednesday	Thursday	Friday		
Between Meal Eating (A.M.)		MINI WHOLE	MULTIGRAIN	WHOLE WHEAT	VEGETABLE &	VANILLA YOGURT,		
		WHEAT BAGEL	CHEERIOS WITH	ENGLISH MUFFINS	FRUIT SMOOTHIE,	WITH		
Milk and/or	1/4 -1/2 C	LIGHT CREAM	FROZEN	WITH	WW TOAST WITH	GRAHAM CRACKERS		
Fruit, juice, or vegetable	1/4 -1/2 C	CHEESE AND	BLUEBERRIES	APPLE BUTTER,	MARGARINE	AND		
Bread, sandwich or	1/4 -1/2 slice	GALA APPLES	&	CUCUMBER SLICES	&	FRESH BERRIES		
cereal, enriched or whole grain	1/4 -1/3 C	& MILK	MILK	& MILK	MILK	& MILK		
Noonday Meal		VEGGIE BURGER	VEGETABLE	COD	VEGETARIAN	MINESTRONE		
		IN BBQ	GROUND ROUND	FISH	GROUND ROUND	SOUP		
Meat and/or alternate		SAUCE	MACARONI PIE		STEW WITH			
one of the following or a combination	on			ROASTED	VEGETABLES	TUNA SALAD		
Cooked meat, fish, poultry	30 - 45 G			POTATO				
cheese	30 - 45 G	COOKED						
egg	1	CALIFORNIA	GARDEN	GREEN		LETTUCE		
cooked dry beans	1/4 -1/2 C	VEGETALBES	SALAD	SALAD				
Vegetables and/or fruit	1/4 -1/2 C	CHERRY	CARROT	RED PEPPER	GREEN PEPPER	PLUM TOMATO		
		TOMATOES	STICKS	WEDGES	WEDGES	SLICES		
Bread or	1/4 -1/2 slice	BROWN		WHOLE WHEAT	WHOLE WHEAT	WHOLE WHEAT		
equivalent		RICE		BREAD	COUSCOUS	PITA .		
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK		
		&	&	&	&	l &		
		PEARS	ORANGES	GALA APPLES	GREEN GRAPES	CLEMENTINE		
Between Meal Eating (P.M.)		TZATZIKI DIP	CORN TORTILLA,	WHOLE WHEAT	CHERRY TOMATO			
Between Mear Lating (F.M.)		WITH	SALSA, CHEDDAR	BAGEL WITH	AND	MIXED BERRIES		
		MELBA TOAST	CHEESE CUBES	MARGARINE.	MINI PITA	GRANOLA BARS		
		WITH	& MILK	AND	WITH	WITH		
		CUCUMBER COINS	* INFANTS	CARROT STICKS	CREAM CHEESE	GALA APPLES		
		&	WW PITA WITH	&	&	&		
		MILK	CREAM CHEESE	MILK	MILK	MILK		
Late PM Snack		RITZ	BANANA	OATMEAL	VEGETABLE THIN	ARROWROOT		
		CRACKERS	D/ 11 7/ 11 7/ 1	APPLE SAUCE	CRACKERS	COOKIES		
		&	&	COOKIES &	&	&		
		WATER	MILK	MILK	MILK	MILK		
* Menus reviewed by registered		***************************************	IVIILIX	WILLY	WILL	I		

	Gram	COURTLEIGH PLACE		We do a side.		WINTER MENU 3 2023-2024		
Menu Guide Average size serving	g	Monday	Tuesday	Wednesday	Thursday	Friday		
Between Meal Eating (A.M.)		HOT OATMEAL	WHOLE WHEAT	MULTIGRAIN	ENGLISH	VANILLA YOGURT		
		WITH	TOAST WITH	CHEERIOS,	MUFFINS WITH	GRANOLA BARS		
Milk and/or	1/4 -1/2 C	BROWN SUGAR	COTTAGE CHEESE	FROZEN	SOFT CHEESE	AND		
Fruit, juice, or vegetable	1/4 -1/2 C	WITH RAISINS	AND	MIXED FRUITS	AND TROPICAL FRUIT	PEARS		
Bread, sandwich or	1/4 -1/2 slice	&	PEACH SLICES	&	&	&		
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK		
Noonday Meal		MEXICAN	MACARONI	BAKED CHICKEN	WHOLE WHEAT	MACARONI		
		MEATBALLS	AND CHICKEN	BREAST FILLETS	SPAGHETTI	BEEF &		
Meat and/or alternate			WITH PEAS		WITH MEAT	VEGETABLE		
one of the following or a combination	n		IN RED SAUCE		SAUCE	SOUP		
Cooked meat, fish, poultry	30 - 45 G			ROSTI				
cheese	30 - 45 G			POTATOES				
egg	1							
cooked dry beans	1/4 -1/2 C		TOSSED SALAD	STEAMED CORN	TOSSED SALAD	CREAM CHEESE		
·								
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER	GREEN PEPPER	CHERRY	RED PEPPER	PLUM TOMATO		
		COINS	WEDGES	TOMATO	WEDGES			
Bread or	1/4 -1/2 slice	BROWN RICE WITH		WHOLE WHEAT		MINI BAGELS		
equivalent	2 - 4 T	QUINOA AND TUMERIC		BREAD				
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK		
		&	&	&	&	&		
		PEARS	CANTALOUPE	ORANGE	GREEN GRAPES	BANANA		
Between Meal Eating (P.M.)		TUNA SALAD	CLEMENTINE	MULTI GRAIN	STONE WHEAT	OATMEAL		
<b>3</b> .,		SANDWICHES	AND	BAGEL WITH	CRACKERS WITH	APPLE SAUCE		
		AND	BANANA MAPLE	LIGHT CREAM	MOZZARELLA	COOKIES		
		CELERY STICKS	COOKIES	CHEESE AND	CHEESE CUBES	AND		
		&	&	APPLE SAUCE	GALA APPLES	ORANGES		
		MILK	MILK	& MILK	& MILK	& MILK		
Late PM Snack		CARROT	CUCUMBER	CRUNCHY	BROCCOLI	MINI CHEDDAR		
		STICKS	COINS	RICE ROLLS	FLORETTES	RICE CAKES		
		&	&	&	&	8		

C:Cup T:Tablespoon G:G	ram	COURTLEIGH PLACE	VEGETARIAN		WINTER MENU 3			
Menu Guide Average size serving		Monday	Tuesday	Wednesday	Thursday	Friday		
Between Meal Eating (A.M.)		HOT OATMEAL	WHOLE WHEAT	MULTIGRAIN	ENGLISH	VANILLA YOGURT		
		WITH	TOAST WITH	CHEERIOS,	MUFFINS WITH	GRANOLA BARS		
Milk and/or	1/4 -1/2 C	BROWN SUGAR	COTTAGE CHEESE	FROZEN	SOFT CHEESE	AND		
Fruit, juice, or vegetable	1/4 -1/2 C	WITH RAISINS	AND	MIXED FRUITS	AND TROPICAL FRUIT	PEARS		
Bread, sandwich or	1/4 -1/2 slice	&	PEACH SLICES	&	&	&		
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK		
Noonday Meal		VEGETARIAN	MACARONI	VEGGIE	WHOLE WHEAT	MACARONI		
		BURGER	AND CHICKEN	CUTLET	SPAGHETTI	&		
Meat and/or alternate		IN	WITH PEAS		VEG.GROUND ROUND	VEGETABLE		
one of the following or a combination	on	MEXICAN SAUCE	IN RED SAUCE		SAUCE	SOUP		
Cooked meat, fish, poultry	30 - 45 G	WITH		ROSTI				
cheese	30 - 45 G	RICE		POTATOES				
egg	1							
cooked dry beans	1/4 -1/2 C		TOSSED SALAD	STEAMED CORN	TOSSED SALAD	CREAM CHEESE		
•								
Vegetables and/or fruit	1/4 -1/2 C	CUCUMBER	GREEN PEPPER	CHERRY	RED PEPPER	PLUM TOMATO		
		COINS	WEDGES	TOMATO	WEDGES			
Bread or	1/4 -1/2 slice	BROWN RICE WITH		WHOLE WHEAT		MINI BAGELS		
equivalent	2 - 4 T	QUINOA AND TUMERIC		BREAD				
Milk	1/2 - 3/4 C	MILK	MILK	MILK	MILK	MILK		
		&	&	&	&	&		
		GREEN GRAPES	GALA APPLE	PEARS	RED GRAPES	BANANA		
Between Meal Eating (P.M.)		TUNA SALAD	CLEMENTINE	MULTI GRAIN	STONE WHEAT	OATMEAL		
		SANDWICHES	AND	BAGEL WITH	CRACKERS WITH	APPLE SAUCE		
		AND	BANANA MAPLE	LIGHT CREAM	MOZZARELLA	COOKIES		
		CELERY STICKS	COOKIES	CHEESE AND	CHEESE CUBES	AND		
		&	&	APPLE SAUCE	GALA APPLES	ORANGES		
		MILK	MILK	& MILK	& MILK	& MILK		
Late PM Snack		CARROT	CUCUMBER	CRUNCHY	BROCCOLI	MINI CHEDDAR		
		STICKS	COINS	RICE ROLLS	FLORETTES	RICE CAKES		
		& &	&	&	& &	&		
		MILK	MILK	MILK	MILK	MILK		
* Menus reviewed by registered o		WILK	WILK	WILK	WILL	WILL		

C:Cup T:Tablespoon G:Gram	COURTLEIGH PLACE		WINTER MENU 4 2023-2024			
Menu Guide Average size serving	Monday	Tuesday	Wednesday	Thursday	Friday	
Between Meal Eating (A.M.)	APPLE SAUCE	WHOLE WHEAT	MULTIGRAIN	FRUIT &	VANILLA YOGURT,	
	AND	PITA WITH	CHEERIOS	VEGETABLE	DIGESTIVE COOKIES	
Milk and/or 1/4 -1/2 C	BREAD	CREAM CHEESE	WITH	SMOOTHIE AND	AND	
Fruit, juice, or vegetable 1/4 -1/2 C	STICKS	AND	BANANA	CRUNCHY RICE ROLL	GALA APPLES	
Bread, sandwich or 1/4 -1/2 sl	ice &	PEARS	&	&	&	
cereal, enriched or whole grain 1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK	
Noonday Meal	CHICKEN BREAST	VEGETABLE &	COD	CHILI (GROUND	HEARTY	
	FILLET	GROUND BEEF	FISH	BEEF, KIDNEY BEANS	VEGETABLE	
Meat and/or alternate		PIZZA		IN TOMATO SAUCE)	SOUP	
one of the following or a combination						
Cooked meat, fish, poultry 30 - 45 G			POTATO	SHREDDED		
cheese 30 - 45 G			WEDGES	CHEESE	MINI CHICKEN	
egg 1	TOSSED	GARDEN			EMPANADAS	
cooked dry beans 1/4 -1/2 C	SALAD	SALAD	COLE SLAW	GREEN SALAD		
1 - 2 T						
Vegetables and/or fruit 1/4 -1/2 C	CHERRY	RED PEPPER	CUCUMBER	SLICED	CARROT	
	TOMATOES	WEDGES	COINS	TOMATOES	STICKS	
Bread or 1/4 -1/2 sl	ice					
equivalent 2 - 4 T	SWEET POTATO		NAAN	WHOLE WHEAT		
	FRIES		BREAD	SOFT TORTILLA		
Milk 1/2 - 3/4 0	;					
	MILK	MILK	MILK	MILK	MILK	
Dessert optional	&	&	&	&	&	
	GALA APPLES	CANTALOUPE	CLEMENTINE	GREEN GRAPES	BANANA	
Between Meal Eating (P.M.)	MINI CARROT	ORANGES	BLUEBERRY	PREMIUM WHOLE	HUMMUS AND	
	LOAVES	AND GRANOLA	OATMEAL ROUNDS	WHEAT CRACKERS,	BREADSTICKS,	
Same pattern as (A.M.)	AND	BARS	GALA APPLES	WITH SOFT CHEESE	ORANGES	
	GREEN PEPPERS	&	&	AND PEACH SLICES	&	
	& MILK	MILK	MILK	& WATER	MILK	
Late PM Snack	DIGESTIVE	CARROT	TRISCUIT	BROCCOLI	WHEAT THIN	
	COOKIES	STICKS	CRACKERS	FLORETTES	CRACKERS	
	&	&	&	&	&	
	MILK	MILK	WATER	MILK	MILK	

## \* Menus reviewed by registered dietitian C:Cup T:Tablespoon G:Gram Menu Guide Average size serving

Menu Guide Average size serving		Wonday	Tuesday	wednesday	Inursday	Friday
Between Meal Eating (A.M.)		APPLE SAUCE	WHOLE WHEAT	MULTIGRAIN	FRUIT &	VANILLA YOGURT,
		AND	PITA WITH	CHEERIOS	VEGETABLE	DIGESTIVE COOKIES
Milk and/or	1/4 -1/2 C	BREAD	CREAM CHEESE	WITH	SMOOTHIE AND	AND
Fruit, juice, or vegetable	1/4 -1/2 C	STICKS	AND	BANANA	CRUNCHY RICE ROLL	GALA APPLES
Bread, sandwich or	1/4 -1/2 slice	&	PEARS	&	&	&

WINTER MENU 4

COURTLEIGH PLACE VEGETARIAN

Fruit, juice, or vegetable	1/4 -1/2 C	STICKS	AND	BANANA	CRUNCHY RICE ROLL	GALA APPLES
Bread, sandwich or	1/4 -1/2 slice	&	PEARS	&	&	&
cereal, enriched or whole grain	1/4 -1/3 C	MILK	& MILK	MILK	MILK	MILK
Noonday Meal		VEGETARIAN	VEGETABLE &	COD	CHILI (VEGETARIAN	HEARTY
		BURGER	GROUND BEEF	FISH	GROUND ROUND,	VEGETABLE
Meat and/or alternate			PIZZA		RED BEANS IN	SOUP
one of the following or a combinati	ion			POTATO	TOMATO SAUCE)	
Cooked meat, fish, poultry	30 - 45 G			WEDGES		
cheese	30 - 45 G				SHREDDED	MINI VEGETABLE
egg	1	TOSSED	GARDEN	COLE SLAW	CHEESE	EMPANADAS
cooked dry beans	1/4 -1/2 C	SALAD	SALAD		SALAD	
	1 - 2 T					
Vegetables and/or fruit	1/4 -1/2 C	CHERRY	RED PEPPER	CUCUMBER	SLICED	CARROT
		TOMATOES	WEDGES	COINS	TOMATOES	STICKS
Bread or	1/4 -1/2 slice					
equivalent	2 - 4 T	SWEET POTATO		NAAN	WHOLE WHEAT	
		FRIES		BREAD	SOFT TORTILLA	
Milk	1/2 - 3/4 C					
		MILK	MILK	MILK	MILK	MILK
		&	&	&	&	&
		GALA APPLES	CANTALOUPE	CLEMENTINE	GREEN GRAPES	BANANA
Between Meal Eating (P.M.)		MINI CARROT	ORANGES	BLUEBERRY	PREMIUM WHOLE	HUMMUS AND
		LOAVES	AND GRANOLA	OATMEAL ROUNDS	WHEAT CRACKERS,	BREADSTICKS,
		AND	BARS	GALA APPLES	WITH SOFT CHEESE	ORANGES
		GREEN PEPPERS	&	&	AND PEACH SLICES	&
		& MILK	MILK	MILK	& WATER	MILK
Late PM Snack		DIGESTIVE	CARROT	TRISCUIT	BROCCOLI	WHEAT THIN
		COOKIES	STICKS	CRACKERS	FLORETTES	CRACKERS
		&	&	&	&	&
		MILK	MILK	WATER	MILK	MILK

<sup>\*</sup> Menus reviewed by registered dietitian