

WEEK 1 MENU CYCLE SY 21 – 22

Water is available at every meal.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancake Option (1 bag) Yogurt Option (1 each) Sliced Fresh Fruit Option (1/2 cup) Syrup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Corndogs (6 each) Sliced Fresh Fruit Option (1/2 cup) Syrup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Egg Option (1 serving) Breakfast Meat Option (1 each) Breakfast Bread Option (1 serving) Jelly Option (1 each) Seasonal Fresh Fruit Option (1 serving) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Sausage Biscuit (1 each) Sliced Fresh Fruit Option (1/2 cup) Jelly Option (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Bagel w/ Egg & Cheese* (1 each) Sliced Fresh Fruit Option (1/2 cup) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Crumble (1 each) Cheese Stick Option (1 each) Seasonal Fresh Fruit Option (1 serving) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Cereal Option (2 oz.) Yogurt Option (1 each) Seasonal Fresh Fruit Option (1 serving) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)
LUNCH	Hot Ham & Cheese Sandwich* (1 each) Sweet Potato Fries (1/2 cup) Celery Sticks (1/2 cup) Chilled Pears (1 cup) Ketchup (1 each) Ranch Option (1 each) Milk Choice (8 oz.)	Chicken Quesadilla (1 each) Seasoned Black Beans* (1/2 cup) Diced Potatoes* (1/2 cup) Sliced Fresh Fruit Option (1 cup) Salsa (1 each) Sour Cream (1 each) Milk Choice (8 oz.)	BBQ Riblet Sandwich (1 each) Curly Fries (1/2 cup) Garden Salad* (1.25 cups) Chilled Peaches (1 cup) Ketchup (1 each) Milk Choice (8 oz.)	Hamburger (1 each) Lettuce & Tomato* (1 serving) Baked Beans (1/2 cup) French Fries (1/2 cup) Sliced Fresh Fruit Option (1 cup) Ketchup (1 each) Mustard (1 each) Milk Choice (8 oz.)	Pizza Option (1 slice) Tater Tots (8 each) Seasoned Broccoli* (1/2 cup) Chilled Tropical Fruit (1 cup) Ketchup (1 each) Milk Choice (8 oz.)	Breaded Chicken Sandwich Option (1 each) Lettuce & Tomato* (1 serving) Glazed Carrots* (1/2 cup) Seasoned Green Beans* (1/2 cup) Applesauce Option* (1 cup) Condiment Choice (2 each) Milk Choice (8 oz.)	Hot Dog (1 each) French Fries (1/2 cup) Seasoned Mixed Vegetables* (1/2 cup) Chip Option (1 each) Chilled Pineapple (1 cup) Ketchup (1 each) Mustard (1 each) Milk Choice (8 oz.)
DINNER	Chicken & Sausage Jambalaya* (1 cup) Buffalo Cauliflower* (1/2 cup) Corn on the Cob* (1 each) Cornbread (1 serving) Cake Option (1 each) Punch Option (8 oz.)	Popcorn Chicken (6 each) Waffle (1 each) Seasoned Greens Option* (1/2 cup) Spiced Apples* (1/2 cup) Syrup (1 each) Hot Sauce (1 each) Ice Cream Option (1 serving) Punch Option (8 oz.)	Beef Tacos* (2 each) Seasoned Pinto Beans* (1/2 cup) Mexicali Corn* (1/2 cup) Tortilla Chips (1 bag) Salsa (1 each) Cookie Option (1 each) Punch Option (8 oz.)	Oven Fried Chicken* (2 thighs) Mashed Potatoes* (1/2 cup) Brown Gravy* (1/8 cup) Seasoned Green Beans* (1/2 cup) Biscuit (1 each) Gelatin w/ Fruit* (1 cup) Punch Option (8 oz.)	Spaghetti w/ Meat Sauce* (1 serving) Seasoned Green Peas* (1/2 cup) Seasoned California Veggies* (1/2 cup) Garlic Bread (1 each) Brownie (1 each) Punch Option (8 oz.)	Buffalo Chicken Dip* (1/2 cup) Seasoned Black Beans* (1/2 cup) Seasoned Corn* (1/2 cup) Fritos (1 cup) Cookie Option (1 each) Punch Option (8 oz.)	Mandarin Chicken (1/2 cup) Egg Roll (1 each) Veggie Stir Fry* (1/2 cup) White Rice (1/2 cup) Sweet & Sour Sauce (1 each) Pudding Option (1 each) Punch Option (8 oz.)



*Denotes Recipe Attached
Erin Webley MA, LD, RD
Review Date: February 2022
Erin Webley MA, LD, RD

WEEK 2 MENU CYCLE SY 21 – 22

Water is available at every meal.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Waffles Option (1 serving) Yogurt Option (1 each) Sliced Fresh Fruit Option (1/2 cup) Syrup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Cheese Grits* (1/2 cup) Breakfast Meat Option (1 serving) Hashbrown Patty (1 each) Ketchup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Chicken Biscuit (1 each) Sliced Fresh Fruit Option (1/2 cup) Jelly Option (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Burrito (1 each) Sliced Fresh Fruit Option (1/2 cup) Salsa (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Grain Option (1 each) Cheese Stick Option (1 each) Sliced Fresh Fruit Option (1/2 cup) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Yogurt Parfait* (1 serving) Graham Crackers (1 each) Sliced Fresh Fruit Option (1/2 cup) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Power Bread Option (1 each) Cheese Stick (1 each) Seasonal Fresh Fruit Option (1 serving) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)
LUNCH	Turkey Bacon Ranch Sandwich* (1 each) Seasoned Broccoli* (1/2 cup) Tomato & Cucumber Salad* (1/2 cup) Chilled Fruit Cocktail (1 cup) Ranch Option (1 each) Milk Choice (8 oz.)	Chicken Mashed Potato Bowl* (1 serving, includes Corn 1/4 cup) Seasoned Green Beans* (1/2 cup) Roll (1 each) Sliced Fresh Fruit Option (1 cup) Milk Choice (8 oz.)	BBQ Sandwich* (1 serving) Pickles (3 each) Coleslaw Option* (1/2 cup) Baked Sweet Potato* (1/2 each) Chilled Pears (1 cup) Butter Pack (1 each) Milk Choice (8 oz.)	Cheeseburger* (1 each) Lettuce & Tomato* (1 serving) Baked Beans (1/2 cup) French Fries (1/2 cup) Sliced Fresh Fruit Option (1 cup) Ketchup (1 each) Mustard (1 each) Milk Choice (8 oz.)	Pizza Option (1 slice) Tater Tots (8 each) Garden Salad* (1.25 cups) Chilled Mandarin Oranges (1 cup) Ketchup (1 each) Ranch Option (1 each) Milk Choice (8 oz.)	Chicken Nuggets (6 each) Carrot Sticks (1/2 cup) Buffalo Cauliflower* (1/2 cup) Roll (1 each) Applesauce Option* (1 cup) Condiment Choice (2 each) Milk Choice (8 oz.)	Chili Dog* (1 each) Seasoned Mixed Vegetables* (1/2 cup) French Fries (1/2 cup) Chilled Pineapple (1 cup) Ketchup (1 each) Mustard (1 each) Milk Choice (8 oz.)
DINNER	Chicken & Dumplings* (1 cup) Seasoned Lima Beans* (1/2 cup) Seasoned Corn* (1/2 cup) Cornbread (1 serving) Ice Cream Option (1 each) Punch Option (8 oz.)	Cowboy Burger* (1 each) Onion Rings (6 each) Seasoned Broccoli* (1/2 cup) Chip Option (1 each) Ketchup Option (1 each) Cookie Option (1 each) Punch Option (8 oz.)	Chicken Wings (6 pieces) Macaroni & Cheese* (1 serving) Seasoned Greens Option* (1/2 cup) Celery Sticks (1/2 cup) Condiment Choice (2 each) Roll (1 each) Pudding Option (1 serving) Punch Option (8 oz.)	Chicken Tenders (3 each) Chili Cheese Fries* (1 serving) Seasoned Mixed Vegetables* (1/2 cup) Condiment Choice (2 each) Cake Option (1 serving) Punch Option (8 oz.)	Eastman Alfredo* (1 cup) Seasoned Green Peas* (1/2 cup) Seasoned Carrots* (1/2 cup) Garlic Bread (1 each) Brownie (1 each) Punch Option (8 oz.)	Beef Nachos* (1 serving) Seasoned Pinto Beans* (1/2 cup) Mexicali Corn* (1/2 cup) Salsa (1 each) Gelatin w/ Fruit* (1 cup) Punch Option (8 oz.)	Honey Sriracha Chicken (1/2 cup) Egg Roll (1 each) Veggie Stir Fry* (1/2 cup) White Rice (1/2 cup) Sweet & Sour Sauce (1 each) Cookie Option (1 each) Punch Option (8 oz.)



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WEEK 3 MENU CYCLE SY 21 – 22

Water is available at every meal.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Pancake Option (1 bag) Yogurt Option (1 each) Sliced Fresh Fruit Option (1/2 cup) Syrup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Corndogs (6 each) Sliced Fresh Fruit Option (1/2 cup) Syrup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Bowl* (1 serving) Breakfast Bread Option (1 each) Jelly Option (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Sausage Biscuit (1 each) Sliced Fresh Fruit Option (1/2 cup) Jelly Option (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Bagel w/ Egg & Cheese* (1 each) Sliced Fresh Fruit Option (1/2 cup) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Crumble (1 each) Cheese Stick Option (1 each) Seasonal Fresh Fruit Option (1 serving) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Cereal Option (2 oz.) Yogurt Option (1 each) Seasonal Fresh Fruit Option (1 serving) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)
LUNCH	Hot Ham & Cheese Sandwich* (1 each) Sweet Potato Fries (1/2 cup) Celery Sticks (1/2 cup) Chilled Pears (1 cup) Ketchup (1 each) Ranch Option (1 each) Milk Choice (8 oz.)	Beef Quesadilla (3 each) Seasoned Black Beans* (1/2 cup) Diced Potatoes* (1/2 cup) Sliced Fresh Fruit Option (1 cup) Salsa (1 each) Sour Cream (1 each) Milk Choice (8 oz.)	BBQ Riblet Sandwich (1 each) Curly Fries (1/2 cup) Garden Salad* (1.25 cups) Sliced Fresh Fruit Option (1 cup) Ketchup (1 each) Milk Choice (8 oz.)	Hamburger (1 each) Lettuce & Tomato* (1 serving) Baked Beans (1/2 cup) French Fries (1/2 cup) Sliced Fresh Fruit Option (1 cup) Ketchup (1 each) Mustard (1 each) Milk Choice (8 oz.)	Pizza Option (1 slice) Tater Tots (8 each) Seasoned Broccoli* (1/2 cup) Chilled Mandarin Oranges (1 cup) Ketchup (1 each) Ranch Option (1 each) Milk Choice (8 oz.)	Breaded Chicken Sandwich Option (1 each) Lettuce & Tomato* (1 serving) Glazed Carrots* (1/2 cup) Seasoned Green Beans* (1/2 cup) Chilled Peaches (1 cup) Condiment Choice (2 each) Milk Choice (8 oz.)	Hot Dog (1 each) Seasoned Mixed Vegetables* (1/2 cup) French Fries (1/2 cup) Chip Option (1 each) Chilled Pineapple (1 cup) Ketchup (1 each) Milk Choice (8 oz.)
DINNER	Frito Pie* (1 serving) Baked Potato* (1 each) Corn on the Cob* (1 each) Sour Cream (1 each) Butter (1 each) Cornbread (1 serving) Ice Cream Option (1 each) Punch Option (8 oz.)	Philly Cheesesteak* (1 each) Sautéed Peppers* (1/2 cup) Seasoned California Veggies* (1/2 cup) Ketchup (1 each) Chip Option (1 each) Brownie (1 serving) Punch Option (8 oz.)	Oven Fried Chicken* (2 thighs) Mashed Potatoes* (1/2 cup) Brown Gravy* (1/8 cup) Seasoned Greens Option* (1/2 cup) Cornbread (1 serving) Cookie Option (1 each) Punch Option (8 oz.)	Chicken Fajita* (2 each) Seasoned Pinto Beans* (1/2 cup) Mexicali Corn* (1/2 cup) Tortilla Chips (1 each) Salsa (1 each) Gelatin w/ Fruit* (1 cup) Punch Option (8 oz.)	Meatball Sub* (1 each) Curly Fries (1/2 cup) Seasoned California Veggies* (1/2 cup) Ketchup Option (1 each) Cake Option (1 each) Punch Option (8 oz.)	Buffalo Chicken Dip* (1/2 cup) Seasoned Broccoli* (1/2 cup) Seasoned Corn* (1/2 cup) Fritos (1 cup) Cookie Option (1 serving) Punch Option (8 oz.)	Mandarin Chicken (1/2 cup) Egg Roll (1 each) White Rice (1/2 cup) Veggie Stir Fry* (1/2 cup) Sweet & Sour Sauce (1 each) Pudding Option (1 each) Punch Option (8 oz.)



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WEEK 4 MENU CYCLE SY 21 – 22

Water is available at every meal.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	French Toast Sticks (4 each) Yogurt Option (1 each) Sliced Fresh Fruit Option (1/2 cup) Syrup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Cheesy Grits* (1/2 cup) Breakfast Meat Option (1 serving) Hashbrown Patty (1 each) Ketchup (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Chicken Biscuit (1 each) Sliced Fresh Fruit Option (1/2 cup) Jelly Option (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Burrito (1 each) Sliced Fresh Fruit Option (1/2 cup) Salsa (1 each) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Breakfast Grain Option (1 each) Cheese Stick Option (1 each) Sliced Fresh Fruit Option (1/2 cup) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Yogurt Parfait* (1 serving) Graham Crackers (1 each) Sliced Fresh Fruit Option (1/2 cup) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)	Power Bread Option (1 each) Cheese Stick Option (1 each) Seasonal Fresh Fruit Option (1 serving) 100% Fruit Juice Option (4 oz.) Milk Choice (8 oz.)
LUNCH	Roast Beef & Cheddar Sandwich* (1 each) Curly Fries (1/2 cup) Seasoned Carrots* (1/2 cup) Chilled Pears (1 cup) Ketchup (1 each) Milk Choice (8 oz.)	Chicken Mashed Potato Bowl* (1 serving, includes Corn 1/4 cup) Seasoned Green Beans* (1/2 cup) Sliced Fresh Fruit Option (1 cup) Roll (1 each) Milk Choice (8 oz.)	BBQ Sandwich* (1 serving) Pickles (3 each) Coleslaw Option* (1/2 cup) Baked Sweet Potato* (1/2 each) Chilled Pineapple (1 cup) Butter Pack (1 each) Milk Choice (8 oz.)	Cheeseburger* (1 each) Lettuce & Tomato* (1 serving) Baked Beans (1/2 cup) French Fries (1/2 cup) Chilled Fruit Cocktail (1 cup) Ketchup (1 each) Mustard (1 each) Milk Choice (8 oz.)	Pizza Option (1 slice) Tater Tots (8 each) Caesar Salad* (1.25 cup) Sliced Fresh Fruit Option (1 cup) Ketchup (1 each) Milk Choice (8 oz.)	Chicken Nuggets (6 each) Seasoned Green Beans* (1/2 cup) Carrot Sticks (1/2 cup) Roll (1 each) Chilled Tropical Fruit (1 cup) Condiment Choice (2 each) Milk Choice (8 oz.)	Chili Dog* (1 each) Seasoned Mixed Vegetables* (1/2 cup) French Fries (1/2 cup) Chilled Peaches (1 cup) Ketchup (1 each) Mustard (1 each) Milk Choice (8 oz.)
DINNER	BBQ Chicken* (2 thighs) Baked Potato* (1 each) Seasoned Corn* (1/2 cup) Cornbread (1 serving) Butter (1 each) Sour Cream (1 each) Ice Cream Option (1 each) Punch Option (8 oz.)	Sloppy Joe* (1 each) Seasoned Broccoli* (1/2 cup) Onion Rings (6 each) Chip Option (1 each) Ketchup (1 each) Cookie Option (1 serving) Punch Option (8 oz.)	Chicken Tenders (3 each) Chili Cheese Fries* (1 serving) Seasoned Mixed Vegetables* (1/2 cup) Pudding Option (1 each) Punch Option (8 oz.)	Shepherd's Pie* (1 serving) Seasoned Greens Option* (1/2 cup) Roll (1 each) Cake Option (1 each) Punch Option (8 oz.)	Chicken & Rice* (1 serving) Seasoned Green Peas* (1/2 cup) Seasoned California Veggies* (1/2 cup) Roll (1 each) Brownie (1 serving) Punch Option (8 oz.)	Chicken Nachos* (1 serving) Seasoned Pinto Beans* (1/2 cup) Mexicali Corn* (1/2 cup) Salsa (1 each) Gelatin w/ Fruit* (1 cup) Punch Option (8 oz.)	Honey Sriracha Chicken (1/2 cup) Egg Roll (1 each) Veggie Stir Fry* (1/2 cup) White Rice (1/2 cup) Sweet & Sour Sauce (1 each) Cookie Option (1 each) Punch Option (8 oz.)



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SNACK MENU CYCLE SY 21 – 22

Afterschool Care Program (ACP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
WEEK 1 ACP SNACKS	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)
WEEK 2 ACP SNACKS	Cracker Option (1 each) 100% Fruit Juice Option (6 oz.)	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)
WEEK 3 ACP SNACKS	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)
WEEK 4 ACP SNACKS	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)	Grain Dessert Option (1 each) 100% Fruit Juice Option (6oz.)	Chip Option (1 each) 100% Fruit Juice Option (6oz.)	Cracker Option (1 each) 100% Fruit Juice Option (6oz.)

9:00 AM (AM SNACK) Options:

4 oz. 100% Fruit Juice (optional) AND select one:
 Cracker Option (1 each)
 Muffin Option (1 each)
 Cereal Bar Option (1 each)
 Poptart Option (1 each)
 Yogurt Option (1 each)
 Super Donut (1 each)
 Donut Stick (1 each)

8:00 PM (PM SNACK) Options:

4 oz. 100% Fruit Juice (optional) AND select one:
 Peanut Butter & Jelly* (1 each)
 Cereal Bar Option (1 each)
 Cracker Option (1 each)
 Chip Option (1 each)
 Popcorn (1 each)
 Grandma Cookie (1 each)



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IMPORTANT NOTES

At lunch, **all** subgroups in appropriate portion size must be served **weekly**. Substitutions in veggies can only be made in the **same** subgroup.

Purple = Starchy Subgroup **Red = Red/Orange Subgroup** **Green = Dark Green Subgroup** **Tan = Beans/Peas (Legumes) Subgroup** **Blue = Other Subgroup**

FOOD OPTIONS MASTER MENU

MILK OPTION (8oz.): White, Chocolate or Strawberry

BREAKFAST ITEMS

100% Fruit Juice Option (4 oz.): Apple, Orange, Grape or Fruit Punch

Breakfast Bread: Toasted Bread (1 slice), Croissant (1 each), Biscuit (1 each)

Breakfast Crumble Option (1 each): Cinnamon or Blueberry

Breakfast Grain Option (1 each): Mini Cinni or Mini Strawberry Cr. Cheese Bagels

Breakfast Meat Option (1 serving): Chicken Sausage Patty (1 each), Turkey Sausage Links (2 each), or Turkey Bacon (3 slices)

Cereal Option (2 oz.): Cinn. Toast Crunch (1 ea.), Honey Nut Cheerios (1 ea.), Cocoa Puffs (1 ea.), Frosted Flakes (2 ea.), Lucky Charms (2 ea.), Trix (2ea.)

Cheese Stick Option (1 each): Colby Jack or Mozzarella

Egg Option: Scrambled Egg (1/2 cup), Boiled Egg (2 each)

Jelly Option (1 each): Grape or Apple

Pancake Option (1 bag): Blueberry, Maple, or Strawberry

Power Bread Option (1 each): Blueberry, Pumpkin or Banana

Waffle Option: Regular (2 each) or Cinnamon (1 pack)

Yogurt Option (1 each): Peach, Raspberry, Strawberry, or Strawberry Banana

ALL OTHER MEAL ITEMS

Applesauce Option: Cinnamon or Gelatin-Applesauce Recipe*

Breaded Chicken Sandwich Option (1 each): Regular or Spicy

Cake Option (1 serving): Chocolate, White or Yellow Cake w/ Vanilla, Chocolate, or other approved icing flavor

Chip Option (1 each): Cheetos, Flaming Hot Cheetos, Nacho Cheese Doritos, Cool Ranch Doritos, Spicy Sweet Chili Doritos, Harvest Cheddar Sunchips, or Garden Salsa Sunchips

Coleslaw Option: Regular* or Chipotle*

Condiment Choice (2 each): BBQ, Honey Mustard, Hot Sauce, Ketchup, Mayonnaise, Mustard, Ranch, Jalapeno Ranch, Salsa or Sweet & Sour

Cookie Option (1 each): Oatmeal Raisin, Chocolate Chip or Sugar

Ice Cream Option (1 each): Strawberry, Chocolate or Vanilla

Pizza Option (1 slice): Cheese or Pepperoni

Pudding Option (1/2 cup): Lemon, Chocolate or Vanilla pudding w/ Oreo, Graham, Vanilla Wafers or other approved toppings

Punch Option (8 oz.): Fruit Punch, Lemonade, Grape, or Orange

Ranch Option (1 each): Ranch or Jalapeno Ranch

Seasonal Fresh Fruit (1 each or 1/2 cup): based on Seasonal Fresh Fruit Cost Handout & monthly seasonal fresh fruit

Seasonal Sliced Fresh Fruit Option (1/2 cup or 1 cup): based on Seasonal Fresh Fruit Cost Handout & monthly seasonal fresh fruit

Seasoned Greens Option (1/2 cup): Collards, Turnips or Spinach

SNACK OPTIONS

Chip Option (1 each): Cheetos, Flaming Hot Cheetos, Nacho Cheese Doritos, Cool Ranch Doritos, Spicy Sweet Chili Doritos, Harvest Cheddar Sunchips, or Garden Salsa Sunchips

100% Fruit Juice Option (6 oz.): Apple, Orange, Grape, or Fruit Punch

Grain Dessert Option (1 serving): Rice Crispy Treat, Super Donut, Donut Stick, Grandma Cookie, Father's Bar Option*, Poptart Option**, Cereal Bar Option***

***Father's Bar Option (1 each):** Triple Berry, Cherry Apple, or Lemon Chip

****Poptart Option (1 each):** Strawberry, Blueberry, Cinnamon or Fudge

*****Cereal Bar Option (1 each):** Cinnamon Toast Crunch Snack Bar, Cinnamon Toast Crunch Soft Filled Cereal Bar or Cocoa Puffs Soft Filled Cereal Bar

******Muffin Option:** Apple, Banana, Blueberry or Chocolate Chip

Cracker Option (1 each): Cheez-Its, Peanut Butter Crackers, or Goldfish

Yogurt Option (1 each): Peach, Raspberry, Strawberry or Strawberry Banana



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