

# Babes on the Square Too

March 30<sup>th</sup> through April 3<sup>rd</sup>

Week Beginning: \_\_\_\_\_



| Meal Pattern                        | Monday                    | Tuesday                        | Wednesday                | Thursday                           | Friday                   |
|-------------------------------------|---------------------------|--------------------------------|--------------------------|------------------------------------|--------------------------|
| <b>Breakfast:</b> Milk              | Milk                      | Milk                           | Milk                     | Milk                               | Milk                     |
| Juice/Fruit/Vegetable.              | Fresh Fruit               | Diced Peaches                  | Sliced Oranges           | Fresh Pineapple                    | Applesauce               |
| Bread/Cereal                        | Cheerios                  | Country Biscuit                | Mini Pancakes<br>w/Syrup | Rice Chex                          | Bread Pudding            |
| Other                               |                           | Turkey Sausage<br>Pattie       |                          |                                    |                          |
| <b>Lunch:</b> Milk                  | Milk                      | Milk                           | Milk                     | Milk                               | Milk                     |
| Meat/Meat Alt.                      | Chicken with<br>Dumplings | Crumb Topped<br>Spaghetti Bake | Pub Style Fish           | Chili w/ Ground<br>Turkey and Rice | Turkey Sandwich          |
| Vegetable. or Fruit                 | Celery/Carrots/Onions     | Mixed Vegetables               | Peas                     | Mixed Vegetables                   | Baby Carrots w/<br>Ranch |
| Vegetable. or Fruit                 | Mixed Fruit               | Fruit Cocktail                 | Applesauce               | Mandarin Oranges                   | Diced Peaches            |
| Bread                               | Dumplings                 | Pasta                          | Potato Roll              | Rice                               | Whole Wheat Bread        |
| <b>PM Snack:</b> * (select 2 items) |                           |                                |                          |                                    |                          |
| Milk                                |                           |                                |                          |                                    |                          |
| Meat/Meat Alt.                      |                           |                                |                          |                                    |                          |
| Juice/Fruit/Vegetable.              |                           |                                |                          |                                    |                          |
|                                     | Apples                    | Bananas                        | Fruit Cocktail           | Sliced Oranges                     | Pears                    |
| Bread/Cereal                        | Ghram Crackers            | Triscuits                      | Oyster Crackers          | Cheddar Goldfish                   | Pretzels                 |

\*Snack only.... Items *must be* from two (2) different 'food component' groups. In addition, if Milk is selected for one snack component - no Fruit/Veg. juice is allowed. Menu Items are subject to change without notice due to availability of items, any changes will be reflected the day of on the menu board outside kitchen.