

# Babes on the Square Too

March 11<sup>th</sup> Through 15<sup>th</sup>

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



| Meal Pattern                        | Monday                    | Tuesday                | Wednesday                   | Thursday                 | Friday                      |
|-------------------------------------|---------------------------|------------------------|-----------------------------|--------------------------|-----------------------------|
| <b>Breakfast:</b> Milk              | Milk                      | Milk                   | Milk                        | Milk                     | Milk                        |
| Juice/Fruit/Vegetable.              | Applesauce                | Mandarin Oranges       | Diced Peaches               | Sliced Oranges           | Fruit Cocktail              |
| Bread/Cereal                        | Cream of Wheat            | Granola Cereal         | Cheerios                    | English Muffin           | Whole Wheat<br>French Toast |
| Other                               |                           | Yogurt Parfaits        |                             |                          |                             |
| <b>Lunch:</b> Milk                  | Milk                      | Milk                   | Milk                        | Milk                     | Milk                        |
| Meat/Meat Alt.                      | Chicken Salad<br>Sandwich | Beef Lo'Mein           | Chicken Noodle<br>Casserole | Turkey Vegetable<br>Soup | Swedish-style<br>Meatballs  |
| Vegetable. or Fruit                 | Steamed Carrots           | Broccoli               | Mixed Vegetable             | Soup Vegetables          | Hot Peas                    |
| Vegetable. or Fruit                 | Diced Peaches             | Applesauce             | Diced Pears                 | Fruit Cocktail           | Diced Pears                 |
| Bread                               | Whole Wheat Bread         | Whole Grain<br>Noodles | Egg Noodles                 | Whole Grain Bread        | Brown Rice                  |
| <b>PM Snack:</b> * (select 2 items) |                           |                        |                             | Milk                     |                             |
| Milk                                |                           |                        |                             |                          |                             |
| Meat/Meat Alt.                      |                           |                        |                             |                          |                             |
| Juice/Fruit/Vegetable.              | Apple                     | Bananas                | Mandarin Oranges            |                          | Diced Pears                 |
| Bread/Cereal                        | Ghram Crackers            | Pretzel Goldfish       | Cheddar Goldfish            | Animal Crackers          | Ritz Crackers               |

\*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.