

MONTHLY MENU Cycle II



Effective: April – June 2019



(4/5/19)

	April 1	April 2	April 3	April 4	April 5
WEEK 1	<p>8 oz. Chicken Tetrazzini (3 M/MA, 1G/B) ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Peaches 8 oz. 1% Low Fat Milk</p>	<p>3 oz. Sliced Meatloaf w/Apple Brown Gravy ½ c. Mashed Potatoes ½ c. Brussels Sprouts 1 Corn Muffin 1 Oatmeal Cookie 8 oz. 1% Low Fat Milk</p>	<p>Turkey & Swiss on Pretzel Bun (3 M/MA, 2 G/B) ½ c. Three Bean Salad ½ c. Lettuce & Tomato 1 pkt. Italian Dressing 1 Fresh Fruit Orange 8 oz. 1% Low Fat Milk</p>	<p>3 oz. Lemon Pepper Chicken Drums ½ c. Rice Pilaf ½ c. Succotash ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk</p>	<p>4 oz. Blended Fruit Juice 3 oz. Salmon Croquette ½ c. Cheese Grits ½ c. Tomatoes & Okra 1 sl. Whole Wheat Bread 8 oz. 1% Low Fat Milk</p>
WEEK 2	<p>April 8 3 oz. Oven Fried Chicken Drums ½ c. Butter Beans ½ c. Mixed Greens 1 Corn Muffin Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk</p>	<p>April 9 Beef Tacos 3 oz. Seasoned Ground Beef ½ c. Shredded Lettuce & Tomatoes 2 Whole Wheat Flour Tortillas 1 pkt. Mild Taco Sauce ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk</p>	<p>April 10 4 oz. Orange Pineapple Juice 3 oz. Chicken Tenders ½ c. Yellow Rice w/Tomato & Pepper ½ c. Black Beans 8 oz. 1% Low Fat Milk</p>	<p>April 11 8 oz. Turkey Apple Cranberry Pasta Salad (3M/MA 1G/B) ½ c. Tomato Cucumber Salad ½ c. Broccoli Salad ½ c. Citrus Fruit Salad 8 oz. 1% Low Fat Milk</p>	<p>April 12 3 oz. Hot Dog ½ c. Coleslaw ¼ c. Baked Beans 1 Whole Grain Hot Dog Bun 1 pk. Mustard & Ketchup each ½ c. Pineapple 8 oz. 1% Low Fat Milk</p>
WEEK 3	<p>April 15 3 oz. Whole Grain Southern Breaded Fish Fingers ½ c. Collard Greens ½ c. Mashed Sweet Potatoes 1 Corn Muffin Margarine Cup 1 pkt. Tartar Sauce ½ c. Peaches 8 oz. 1% Low Fat Milk</p>	<p>April 16 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Tossed Salad w/ Italian Dressing 4 pkts. Whole Grain Crackers ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk</p>	<p>April 17 3 oz. Roast Pork Loin w/ 2 oz. Sweet and Sour Sauce ½ c. Brown Rice ½ c. Sesame Green Beans ½ c. Stir Fry Vegetables ½ c. Pineapple Tidbits 8 oz. 1% Low Fat Milk</p>	<p>April 18 8 oz. Chicken Garden Casserole ½ c. Summer Blend Vegetables ½ c. Carrots 1 sl. Whole Wheat Bread Margarine Cup 1 Fresh Fruit- Banana 8 oz. 1% Low Fat Milk</p>	<p>April 19 4 oz. Grape Juice 3 oz. Sliced Ham with Fruit Sauce ½ c. Mashed Sweet Potatoes ½ c. California Vegetables 1 sl. Whole Grain Bread Easter Dessert 8 oz. 1% Low Fat Milk EASTER CELEBRATION</p>
WEEK 4	<p>April 22 Chili Dog 3oz. Hot Dog ½ c. Chili ½ c. Broccoli ½ c. Mandarin Oranges 1 Whole Grain Hot Dog Bun 8 oz. 1% Low Fat Milk</p>	<p>April 23 11 oz. Cobb Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato, Corn) 1pkt. French Dressing 1 Fresh Fruit- Banana 1 Whole Grain Dinner Roll 8 oz. 1% Low Fat Milk</p>	<p>April 24 8 oz. Macaroni and Cheese ½ c. Seasoned Black Eyed Peas ½ c. Turnip Greens 1 Corn Muffin 1 Mini Moon Pie 8 oz. 1% Low Fat Milk</p>	<p>April 25 3 oz. Flame Broiled Beef Patty ½ c. Mixed Vegetables ¼ c. Baked Beans 1 Whole Grain Hamburger Bun 1 pk. ea. Ketchup/ Mustard ½ c. Pears 8 oz. 1% Low Fat Milk</p>	<p>April 26 4 oz. Sloppy Joe ½ c. Tossed Salad w/Italian Dressing 1 Whole Grain Hamburger Bun 1 Fresh Fruit-Apple 8 oz. 1% Low Fat Milk</p>
WEEK 1	<p>April 29 8 oz. Chicken Tetrazzini (3 M/MA, 1G/B) ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Peaches 8 oz. 1% Low Fat Milk</p>	<p>April 30 3 oz. Sliced Meatloaf w/Apple Brown Gravy ½ c. Mashed Potatoes ½ c. Brussels Sprouts 1 Corn Muffin 1 Oatmeal Cookie 8 oz. 1% Low Fat Milk</p>			<p>April 2019</p> 

Approved By (Project Nutritionist): _____

Date: _____

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
WEEK 1	May 5 			May 1 Turkey & Swiss on Pretzel Bun (3 M/MA, 2 G/B) ½ c. Three Bean Salad ½ c. Lettuce & Tomato 1 pkt. Italian Dressing 1 Fresh Fruit Orange 8 oz. 1% Low Fat Milk		May 2 3 oz. Lemon Pepper Chicken Drums ½ c. Rice Pilaf ½ c. Succotash ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk		May 3 4 oz. Blended Fruit Juice 3 oz. Salmon Croquette ½ c. Cheese Grits ½ c. Tomatoes & Okra 1 sl. Whole Wheat Bread 8 oz. 1% Low Fat Milk	
	May 6 3 oz. Oven Fried Chicken Drums ½ c. Butter Beans ½ c. Mixed Greens 1 Corn Muffin Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk	May 7 Beef Tacos 3 oz. Seasoned Ground Beef ½ c. Shredded Lettuce & Tomatoes 2 Whole Wheat Flour Tortillas 1 pkt. Mild Taco Sauce ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk		May 8 4 oz. Orange Pineapple Juice 3 oz. Chicken Tenders ½ c. Yellow Rice w/Tomato & Pepper ½ c. Black Beans 8 oz. 1% Low Fat Milk		May 9 8 oz. Turkey Apple Cranberry Pasta Salad (3M/MA 1G/B) ½ c. Tomato Cucumber Salad ½ c. Broccoli Salad ½ c. Citrus Fruit Salad 8 oz. 1% Low Fat Milk		May 10 3 oz. Oven Fried Chicken Drums ½ c. Mixed Greens ½ c. Potato Salad 1 Corn Muffin Margarine Cup Special Mother's Day Dessert 8 oz. 1% Low Fat Milk MOTHER'S DAY CELEBRATION	
WEEK 2	May 13 3 oz. Whole Grain Southern Breaded Fish Fingers ½ c. Collard Greens ½ c. Mashed Sweet Potatoes 1 Corn Muffin Margarine Cup 1 pkt. Tartar Sauce ½ c. Peaches 8 oz. 1% Low Fat Milk	May 14 4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Tossed Salad w/ Italian Dressing 4 pkts. Whole Grain Crackers ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk		May 15 3 oz. Roast Pork Loin w/ 2 oz. Sweet and Sour Sauce ½ c. Brown Rice ½ c. Sesame Green Beans ½ c. Stir Fry Vegetables ½ c. Pineapple Tidbits 8 oz. 1% Low Fat Milk		May 16 8 oz. Chicken Garden Casserole ½ c. Summer Blend Vegetables ½ c. Carrots 1 sl. Whole Wheat Bread Margarine Cup 1 Fresh Fruit- Banana 8 oz. 1% Low Fat Milk		May 17 8 oz. Spaghetti Casserole (3M/MA 1G/B) ½ c. Italian Vegetable Medley ½ c. Tossed Salad 1 pkt. Italian Dressing ½ c. Pears 8 oz. 1% Low Fat Milk	
	May 20 Chili Dog 3oz. Hot Dog ½ c. Chili ½ c. Broccoli ½ c. Mandarin Oranges 1 Whole Grain Hot Dog Bun 8 oz. 1% Low Fat Milk	May 21 11 oz. Cobb Salad (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato, Corn) 1pkt. French Dressing 1 Fresh Fruit- Banana 1 Whole Grain Dinner Roll 8 oz. 1% Low Fat Milk		May 22 8 oz. Macaroni and Cheese ½ c. Seasoned Black Eyed Peas ½ c. Turnip Greens 1 Corn Muffin 1 Mini Moon Pie 8 oz. 1% Low Fat Milk		May 23 3 oz. Flame Broiled Beef Patty ½ c. Mixed Vegetables ¼ c. Baked Beans 1 Whole Grain Hamburger Bun 1 pk. ea. Ketchup/ Mustard ½ c. Pears 8 oz. 1% Low Fat Milk		May 24 4 oz. Sloppy Joe ½ c. Tossed Salad w/Italian Dressing 1 Whole Grain Hamburger Bun 1 Fresh Fruit-Apple 8 oz. 1% Low Fat Milk	
WEEK 3	May 27 Memorial Day Sites Closed	May 28 3 oz. Sliced Meatloaf w/Apple Brown Gravy ½ c. Mashed Potatoes ½ c. Brussels Sprouts 1 Corn Muffin 1 Oatmeal Cookie 8 oz. 1% Low Fat Milk		May 29 Turkey & Swiss on Pretzel Bun (3 M/MA, 2 G/B) ½ c. Three Bean Salad ½ c. Lettuce & Tomato 1 pkt. Italian Dressing 1 Fresh Fruit Orange 8 oz. 1% Low Fat Milk		May 30 3 oz. Lemon Pepper Chicken Drums ½ c. Rice Pilaf ½ c. Succotash ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk		May 31 4 oz. Blended Fruit Juice 3 oz. Salmon Croquette ½ c. Cheese Grits ½ c. Tomatoes & Okra 1 sl. Whole Wheat Bread 8 oz. 1% Low Fat Milk	
	WEEK 4	WEEK 1		WEEK 2		WEEK 3		WEEK 4	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>June 2019</p> 	<p>Happy Fathers Day</p> 			
	June 3	June 4	June 5	June 6	June 7
WEEK 2	<p>3 oz. <u>Oven Fried Chicken Drums</u> ½ c. Butter Beans ½ c. Mixed Greens 1 Corn Muffin Margarine Cup ½ c. Peaches 8 oz. 1% Low Fat Milk</p>	<p>3 oz. <u>Beef Tacos</u> 3 oz. Seasoned Ground Beef ½ c. Shredded Lettuce & Tomatoes 2 Whole Wheat Flour Tortillas 1 pkt. Mild Taco Sauce ½ c. Mandarin Oranges 8 oz. 1% Low Fat Milk</p>	<p>4 oz. Orange Pineapple Juice 3 oz. <u>Chicken Tenders</u> ½ c. Yellow Rice w/Tomato & Pepper ½ c. Black Beans 8 oz. 1% Low Fat Milk</p>	<p>8 oz. <u>Turkey Apple Cranberry Pasta Salad (3M/MA 1G/B)</u> ½ c. Tomato Cucumber Salad ½ c. Broccoli Salad ½ c. Citrus Fruit Salad 8 oz. 1% Low Fat Milk</p>	<p>3 oz. Hot Dog ½ c. Coleslaw ¼ c. Baked Beans 1 Whole Grain Hot Dog Bun 1 pk. Mustard & Ketchup each ½ c. Pineapple 8 oz. 1% Low Fat Milk</p>
	June 10	June 11	June 12	June 13	June 14
WEEK 3	<p>3 oz. <u>Whole Grain Southern Breaded Fish Fingers</u> ½ c. Collard Greens ½ c. Mashed Sweet Potatoes 1 Corn Muffin Margarine Cup 1 pkt. Tartar Sauce ½ c. Peaches 8 oz. 1% Low Fat Milk</p>	<p>4 oz. Egg Salad ½ c. Carrot Raisin Salad ½ c. Tossed Salad w/ Italian Dressing 4 pkts. Whole Grain Crackers ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk</p>	<p>3 oz. Roast Pork Loin w/ 2 oz. <u>Sweet and Sour Sauce</u> ½ c. Brown Rice ½ c. Sesame Green Beans ½ c. Stir Fry Vegetables ½ c. Pineapple Tidbits 8 oz. 1% Low Fat Milk</p>	<p>8 oz. Chicken Garden Casserole ½ c. Summer Blend Vegetables ½ c. Carrots 1 sl. Whole Wheat Bread Margarine Cup 1 Fresh Fruit- Banana 8 oz. 1% Low Fat Milk</p>	<p>3 oz. Sliced Roast Pork w/ Onion Gravy ½ c. Succotash ½ c. Black Eyed Peas ½ c. Pineapple 1 Corn Muffin Margarine Cup Special Father's Day Dessert 8 oz. 1% Low Fat Milk FATHER'S DAY CELEBRATION</p>
	June 17	June 18	June 19	June 20	June 21
WEEK 4	<p>Chili Dog 3oz. Hot Dog ½ c. Chili ½ c. Broccoli ½ c. Mandarin Oranges 1 Whole Grain Hot Dog Bun 8 oz. 1% Low Fat Milk</p>	<p>11 oz. <u>Cobb Salad</u> (1 ½ oz. Turkey, ½ oz. Cheese, Whole Boiled Egg, Tomato, Corn) 1pkt. French Dressing 1 Fresh Fruit- Banana 1 Whole Grain Dinner Roll 8 oz. 1% Low Fat Milk</p>	<p>8 oz. Macaroni and Cheese ½ c. Seasoned Black Eyed Peas ½ c. Turnip Greens 1 Corn Muffin 1 Mini Moon Pie 8 oz. 1% Low Fat Milk</p>	<p>3 oz. <u>Flame Broiled Beef Patty</u> ½ c. Mixed Vegetables ¼ c. Baked Beans 1 Whole Grain Hamburger Bun 1 pk. ea. Ketchup/ Mustard ½ c. Pears 8 oz. 1% Low Fat Milk</p>	<p>4 oz. Sloppy Joe ½ c. Tossed Salad w/Italian Dressing 1 Whole Grain Hamburger Bun 1 Fresh Fruit-Apple 8 oz. 1% Low Fat Milk</p>
	June 24	June 25	June 26	June 27	June 28
WEEK 1	<p>8 oz. Chicken Tetrizzini (3 M/MA, 1G/B) ½ c. Tuscan Blend Vegetables (squash, mixed vegetables) ½ c. Peaches 8 oz. 1% Low Fat Milk</p>	<p>3 oz. <u>Sliced Meatloaf w/Apple Brown Gravy</u> ½ c. Mashed Potatoes ½ c. Brussels Sprouts 1 Corn Muffin 1 Oatmeal Cookie 8 oz. 1% Low Fat Milk</p>	<p>Turkey & Swiss on Pretzel Bun (3 M/MA, 2 G/B) ½ c. Three Bean Salad ½ c. Lettuce & Tomato 1 pkt. Italian Dressing 1 Fresh Fruit Orange 8 oz. 1% Low Fat Milk</p>	<p>3 oz. Lemon Pepper Chicken Drums ½ c. Rice Pilaf ½ c. Succotash ½ c. Mixed Fruit 8 oz. 1% Low Fat Milk</p>	<p>4 oz. Blended Fruit Juice 3 oz. <u>Salmon Croquette</u> ½ c. Cheese Grits ½ c. Tomatoes & Okra 1 sl. Whole Wheat Bread 8 oz. 1% Low Fat Milk</p>