

## Week of June 28<sup>th</sup> -July 2<sup>nd</sup>

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
	Orange Juice Cornflakes Milk	Pineapple Tidbits Cinnamon Raisin Bagel <i>Cream Cheese</i>  Milk	Fresh Orange Wedges 1 slice of Cheese Toast Milk	Pears French Toast (1 1/2 slices) <i>Syrup</i>  Milk	Apple Juice Crispy Rice Cereal 1 slice of Whole wheat toast  <i>Margarine and Jelly</i> Milk
Lunch/ Supper	Ham 1 slice of Whole Wheat Bread <i>Margarine</i> Egg Noodles Green Beans Sweet Potatoes Milk	Beefaroni  1 serv.=1-1/2 oz. mt/mt alt. for 1-5 yr. olds and 2 oz. mt/mt alt. for 6-12 yr. olds. Garlic Bread Tossed Salad (Lettuce, Tomato, Cucumber) <i>Lowfat Ranch Dressing</i> Fruit Salad  Milk .	Fricase de Polio Rice Fried Plantains. Spinach Milk	*Breaded Fish <i>Ketchup</i> Roll Coleslaw Mixed Vegetables Milk	Arroz Con Polio  1 serv.= 1-1/2 oz. mt/mt alt and 1 brd. for 1-5 yr. olds and 2 oz. mt/mt alt. and 1 brd. for 6-12 yr. olds. Cuban Bread or Roll Mixed Greens Salad (Spinach leaves, Lettuce, Tomato, Cucumber) <i>Lowfat</i> <i>French Dressing</i> Peaches Milk
Snack	Animal Crackers Applesauce	Turkey (Cubed or sliced) Whole Wheat Bread <i>Lowfat mayo and/or</i> <i>mustard</i>	Egg Salad Assorted Crackers	Yogurt <i>Flavored</i> <i>4oz. cup</i> Banana	Oatmeal Cookies Milk

Serv. = serving; mt/mt alt. = meat/meat alternate; brd. = bread