


FEEDING THEIR FUTURE – SAMPLE MENU

Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider.</p> <p>* Menu Subject to Change</p> <p>All Meals Provided by Feeding Their Future</p> 				
<p>Supper: <i>Chicken Salad</i> Chicken, Cole Slaw, WG Pita Bread, Fruit, Milk Snack: WG Animal Crackers, Milk</p>	<p>Supper: <i>Chicken Alfredo</i> Chicken, WG Pasta, Broccoli, Salad, Milk Snack: WG Cheez Its, 100% Fruit Juice</p>	<p>Supper: <i>BBQ Meatballs</i> Meatballs, Mashed Potatoes, WG Dinner Roll, Baked Beans, Milk Snack: WG Wheat Thins, Cheese</p>	<p>Supper: <i>Chicken Patty Sandwich</i> Breaded Chicken, WG Bun, Carrot Sticks, Fruit, Milk Snack: Yogurt, Granola Bar</p>	<p>Supper: <i>Chicken Cesar Salad</i> Chicken, Salad, WG Pita Bread, Cucumber, Milk Snack: Graham Crackers, Milk</p>
<p>Supper: <i>BBQ Pulled Chicken</i> Chicken, WG Bun, Baked Beans, Corn, Milk Snack: WG Goldfish, 100% Juice</p>	<p>Supper: <i>Spaghetti & Meatballs</i> Meatballs, WG Pasta, Mixed Vegetables, Salad, Milk Snack: Graham Crackers, Fresh Fruit</p>	<p>Supper: <i>Taco</i> Ground Beef or Turkey, Pinto Beans, WG Corn Tortilla, Fruit, Milk Snack: Pretzels, String Cheese</p>	<p>Supper: <i>Penne Pasta</i> Ground Beef or Turkey, WG Penne Pasta, Peas, Fruit, Milk Snack: WG Chex Mix, 100% Fruit Juice</p>	<p>Supper: <i>Asian Chicken Salad</i> Chicken, Salad, WG Pita Bread, Fruit, Milk Snack: Yogurt. Fresh Fruit</p>
<p>Supper: <i>Chicken Nuggets</i> Breaded Chicken Nuggets, Tater Tots, Cole Slaw, Milk Snack: Ritz Crackers. Cheese</p>	<p>Supper: <i>Teriyaki Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: Yogurt, Granola</p>	<p>Supper: <i>Sloppy Joes</i> Ground Beef or Turkey, WG Bun, Waffle Fries, Fruit, Milk Snack: WG Snack Mix, 100% Fruit Juice</p>	<p>Supper: <i>Spaghetti</i> Ground Beef or Turkey, WG Pasta, Mixed Vegetables, Salad, Milk Snack: WG Animal Crackers, Milk</p>	<p>Supper: <i>Turkey Sandwich</i> Sliced Turkey, WG Sliced Bread, Fruit, Carrot Sticks, Milk Snack: Wheat Thins, 100% Fruit Juice</p>
<p>Supper: <i>Chicken Taco</i> Chicken, WG Corn Tortilla, Fruit, Refried Beans, Milk Snack: WG Goldfish, 100% Fruit Juice</p>	<p>Supper: <i>Hot Dog</i> Turkey Hot Dog, WG Bun, Tater Tots, Fruit, Milk Snack: Cheese, Pretzels</p>	<p>Supper: <i>Taco Bowl</i> Ground Beef or Turkey, Pinto Beans, Corn, WG Brown Rice, Milk Snack: Graham Crackers, Yogurt</p>	<p>Supper: <i>Baked Chicken</i> Chicken, WG Dinner Roll, Mixed Vegetables, Salad, Milk Snack: WG Cheez Its, 100% Fruit Juice</p>	<p>Supper: <i>Hawaiian Chicken</i> Chicken, WG Brown Rice, Mixed Vegetables, Fruit, Milk Snack: WG Animal Crackers, Milk</p>

This menu follows the children's meal pattern minimum serving requirements set forth by the Child and Adult Food Program (CACFP) by serving the following portions:

Supper: meat/meat alternate – 2 oz; grain - 1 serving bread or ½ cup cooked grain; vegetable – ½ cup; fruit or vegetable – ¼ cup; milk- 1 cup **1% milk**

Snack (two of the following): meat/meat alternate – 1oz, yogurt 4 oz; grain - 1 serving bread or ½ cup cooked grain; fruit or vegetable- ¾ cup; milk- 1cup **1% milk**

*(WG) = Whole Grain