



Effective: July 2015-June 2016 (06.29.15)

**2015-2016 Service Dates:**

\*07/06-07/10, 08/03-08/07, 08/31-09/04, 09/28-10/02,  
 10/26-10/30, 11/23-11/27, 12/21-12/25, 01/18-01/22,  
 02/15-02/19, 03/14-03/18, 04/11-04/15, 05/09-05/13,  
 06/01-06/10,

**Breakfast-Food Based Meal Pattern Menu Grade K-8**

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 1	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		<b>SAME</b>	<b>SAME</b>	<b>SAME</b>	<b>SAME</b>	<b>SAME</b>
<b>FRUITS (5)</b> 1 cup daily	<b>Item</b>	<b>Pineapple Cup</b>	<b>Fresh Whole Apple (#138)</b>	<b>Fresh Whole Orange</b>	<b>100% Orange Juice</b>	<b>100% Apple Juice</b>
	<i>Portion in cups</i>	(½ c.) Pre-portioned	(1 c.) Apple	(½ c.) Whole Orange	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned
<b>ADDITIONAL FRUITS</b>	<b>Item</b>	<b>100% Orange Juice</b>		<b>100% Grape Juice</b>	<b>Mixed Fruit Cup</b>	<b>Peach Cup</b>
	<i>Portion in cups</i>	(4 oz.) Pre-portioned		(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(½ c.) Pre-portioned
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b>	<b>Item</b>	<b>1-Whole Grain Raisin Bread</b>	<b>Stone Ground Whole Wheat Bread</b>	<b>2-Whole Grain Maple Pancakes</b>	<b>1/2 Whole Wheat Bagel</b>	<b>WG Apple Granola Breakfast Square</b>
<b>1 oz minimum per day, 8 oz eq. per week</b>	<i>Portion size or oz.</i>	(1.34 oz.)	(1.05 oz.)	(2.6 oz.)	(2 oz.)	(1.5 oz.)
	<i>Contribution in oz. *</i>	<b>(1.25 G/B)</b>	<b>(1 G/B)</b>	<b>(2.5 G/B)</b>	<b>(2 G/B)</b>	<b>(1 G/B)</b>
	<b>Item</b>					
	<i>Portion in oz.</i>					
	<b>Item</b>		<b>Mini Wheat Cereal</b>		<b>Honey Nut Scooters</b>	
	<i>Portion in oz.</i>		(1 oz.)		(1 oz.)	
<b>OTHER</b>	<b>Item</b>	Trans Fat Free Margarine	Trans Fat Free Margarine Jelly Pk.	Trans Fat Free Margarine Syrup	Cream Cheese	
	<i>Portion size or oz.</i>	5g/.5 oz.	5g/.5 oz.	5g/1 oz.	1 oz.	
	<b>Menu ID</b>	<b>18361</b>	<b>13487</b>	<b>13489</b>	<b>18363</b>	<b>23958</b>
SNACK Components WEEK 1	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>	<b>Peach Cup</b>			<b>Fresh Apple (#138)</b>	
	<i>Portion in cups</i>	(½ c.) x2 Pre-portioned			1 c.	
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>	<b>String Cheese</b>	<b>Flavored Yogurt</b>			
	<i>Portion size or oz.</i>	(1 oz.)	(4 oz.) cup			
<b>GRAIN/BREAD</b>	<b>Item</b>		<b>Animal Crackers</b>	<b>Plain Spice Cookie</b>	<b>Graham Crackers</b>	<b>Cheese on Cheese Crackers</b>
	<i>Portion in cups</i>		(1 oz.)(1 G/B)	(1.25 oz.)(1 G/B)	(1 oz.) 2 pkgs. (1 G/B)	(1.38 oz.) 1 pkg. (1 G/B)
<b>MILK</b>	<b>Item</b>			<b>1% White Low Fat Milk</b>		<b>1% White Low Fat Milk</b>
	<i>Portion in cups</i>			8 oz.		8 oz.
	<b>Menu ID</b>	<b>13525</b>	<b>13527</b>	<b>13529</b>	<b>13531</b>	<b>13533</b>

Menus prepared by: G.A. Foods *Levinia M. Clark, RD, LDN*

Menus approved by: \_\_\_\_\_



Effective: July 2015-June 2016 (06.29.15)

2015-2016 Service Dates:			
07/13-07/17,	08/10-08/14,	09/07-09/11,	10/05-10/09,
11/02-11/06,	11/30-12/04,	12/28-01/01,	01/25-01/29,
02/22-02/26,	03/21-03/25,	04/18-04/22,	05/16-05/20,
06/13-06/17			

Breakfast-Food Based Meal Pattern Menu Grade K-8

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 2	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		SAME	SAME	SAME	SAME	SAME
<b>FRUITS (5)</b> 1 cup daily <b>ADDITIONAL FRUITS</b>	<b>Item</b>	100% Apple Juice	Fresh Whole Orange	Citrus Fruit Cup	Mixed Fruit Cup	100% Blended Juice
	<i>Portion in cups</i>	(4 oz.) Pre-portioned	(½ c.) Whole Orange	(½ c.) Pre-portioned	(½ c.) Pre-portioned	(4 oz.) Pre-portioned
	<b>Item</b>	Mandarin Oranges	100% Blended Juice	100% Apple Juice	100% Grape Juice	Applesauce
	<i>Portion in cups</i>	(½ c.) Pre-portioned	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	(½ c.) Pre-portioned
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b>	<b>Item</b>	Stone Ground Whole Wheat Bread	Stone Ground Whole Wheat Bread	2- Whole Grain Pancakes Blueberry	Stone Ground Whole Wheat Bread	Stone Ground Whole Wheat Bread
1 oz minimum per day, 8 oz eq. per week	<i>Portion size or oz.</i>	(1.05 oz.)	(1.05 oz.)	(2.6 oz.)	(1.05 oz.)	(1.05 oz.)
	<i>Contribution in oz. *</i>	(1 G/B)	(1 G/B)	(2.5 G/B)	(1 G/B)	(1 G/B)
	<b>Item</b>					
	<i>Portion in oz.</i>					
	<b>Item</b>	Honey Nut Scooters	Toasty O's Cereal		Mini Wheat Cereal	Raisin Bran Cereal
	<i>Portion in oz.</i>	(1 oz.)	(1 oz.)		(1 oz.)	(1 oz.)
<b>OTHER</b>	<b>Item</b>	Trans Fat Free Margarine Jelly Pk.	Trans Fat Free Margarine Jelly Pk.	Trans Fat Free Margarine Syrup	Trans Fat Free Margarine Jelly Pk.	Trans Fat Free Margarine Jelly Pk.
	<i>Portion size or oz.</i>	5g/.5 oz.	5g	5g/1 oz.	5g/.5oz.	5g
	<i>Contribution in oz. *</i>					
	<b>Menu ID</b>	18365	18367	23960	13501	18371
SNACK Components WEEK 2	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>			Peach Cup	Pear Cup	Carrot Sticks w/ Ranch Dressing pkt.
	<i>Portion in cups</i>			(4 oz.) x2 Pre-portioned	(4 oz.) x2 Pre-portioned	(1 c.) / 1 pkt.
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>		Flavored Yogurt			
	<i>Portion size or oz.</i>		(4 oz.) cup			
<b>GRAIN/BREAD</b>	<b>Item</b>	Fish Shaped Crackers	Graham Crackers		Pretzels	
	<i>Portion in cups</i>	(1 oz.) 1 pkg. (1 G/B)	(1 oz.) 2 pkgs. (1 G/B)		(1 oz.) 1 pkg. (1 G/B)	
<b>MILK</b>	<b>Item</b>	1% White Low Fat Milk		1% White Low Fat Milk		1% White Low Fat Milk
	<i>Portion in cups</i>	8 oz.		8 oz.		8 oz.
	<b>Menu ID</b>	13535	13537	13539	13541	13543

Menus prepared by: G.A. Foods Levinia M. Clark, RD, LDN

Menus approved by: \_\_\_\_\_



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07/20-07/24, 08/17-08/21, 09/14-09/18, 10/12-10/16,  
 11/03-11/07, 12/07-12/11, 01/04-01/08, 02/01-02/05,  
 02/29-03/04, 03/28-04/01, 04/25-04/29, 05/23-05/27,

**Breakfast-Food Based Meal Pattern Menu Grade K-8**

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 3	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		SAME	SAME	SAME	SAME	SAME
<b>FRUITS (5)</b> 1 cup daily <b>ADDITIONAL FRUITS</b>	<b>Item</b>	100 % Orange Juice	Citrus Fruit Cup	100% Grape Juice	Peach Cup	100 % Orange Pineapple Juice
	Portion in cups	(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(4 oz.) Pre-portioned
	<b>Item</b>	Mixed Fruit Cup	Raisins	Applesauce Cup	100% Apple Juice	Pear Cup
	Portion in cups	(½ c.) Pre-portioned	(¼ c.) 1 Pk. ½ cup credits	(½ c.) Pre-portioned	(4 oz.) Pre-portioned	(½ c.) Pre-portioned
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b> 1 oz minimum per day, 8 oz eq. per week	<b>Item</b>	1-Whole Grain Raisin Bread	Stone Ground Whole Wheat Bread	2-Whole Grain Maple Pancakes	Stone Ground Whole Wheat Bread	WG Apple Granola Breakfast Square
	Portion size or oz.	(1.34 oz.)	(1.05 oz.)	(2.6 oz.)	(1.05 oz.)	(1.5 oz.)
	Contribution in oz. *	(1.25 G/B)	(1 G/B)	(2.5 G/B)	(1 G/B)	(1 G/B)
	<b>Item</b>					
	Portion in oz.					
	<b>Item</b>	Apple Jacks Low Sugar	Mini Wheat Cereal		Raisin Bran Cereal	
	Portion in oz.	(1 oz.)	(1 oz.)		(1 oz.)	
<b>OTHER</b>	<b>Item</b>	Trans Fat Free Margarine	Trans Fat Free Margarine Jelly Pk.	Trans Fat Free Margarine x2 Syrup	Trans Fat Free Margarine x2 Jelly	
	Portion size or oz.	.5 oz.	5g	5g/1 oz.	5g/5 oz.	
	Contribution in oz. *					
	<b>Menu ID</b>	18373	18375	13509	18377	23962

SNACK Components WEEK 3	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>		Fresh Apple(#138)		Pear Cup	
	Portion in cups		1 c.		(½ c.) x2 Pre-portioned	
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>					
	Portion size or oz.					
<b>GRAIN/BREAD</b>	<b>Item</b>	Animal Crackers	Fish Shaped Crackers	Apple Snackin Loaf	Graham Crackers	Cheese on Cheese Crackers
	Portion in cups	(1 oz.) (1 G/B)	(1 oz.) 1 pkg. (1 G/B)	(2 oz.)(1 G/B)	(1 oz.) 2 pkgs. (1 G/B)	(1.38 oz.) 1 pkg. (1 G/B)
<b>MILK</b>	<b>Item</b>	1% White Low Fat Milk		1% White Low Fat Milk		1% White Low Fat Milk
	Portion in cups	8 oz.		8 oz.		8 oz.
	<b>Menu ID</b>	13545	13547	13549	13551	13553

Menus prepared by: G.A. Foods *Levinia M. Clark, RD, LDN*

Menus approved by: \_\_\_\_\_



Active: July 2015-June 2016 (06.29.15)

2015-2016 Service Dates:					
07/27-07/31,	08/24-08/28,	09/21-09/25,	10/19-10/23,		
11/10-11/14,	12/14-12/18,	01/11-01/15,	02/08-02/12,		
03/07-03/11,	04/04-04/08,	05/02-05/06,	05/30-06/03,	06/27-	
07/01					

Breakfast-Food Based Meal Pattern Menu Grade K-8

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 4	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		<b>SAME</b>	<b>SAME</b>	<b>SAME</b>	<b>SAME</b>	<b>SAME</b>
<b>FRUITS (5)</b>	<b>Item</b>	<b>100% Orange Juice</b>	<b>Applesauce Cup</b>	<b>Fresh Whole Orange</b>	<b>Mixed Fruit Cup</b>	<b>Fresh Whole Apple (#138)</b>
<b>1 cup daily</b>	<i>Portion in cups</i>	(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(½ c.) Whole Orange	(½ c.) Pre-portioned	(1 c.) Apple
<b>ADDITIONAL FRUITS</b>	<b>Item</b>	<b>Raisins</b>	<b>100% Grape Juice</b>	<b>100% Blended Juice</b>	<b>100% Apple Juice</b>	
	<i>Portion in cups</i>	(¼ c.) 1 Pk. ½ cup credits	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b>	<b>Item</b>	<b>Stone Ground Whole Wheat Bread</b>	<b>Stone Ground Whole Wheat Bread</b>	<b>2 - Whole Grain Maple Pancakes</b>	<b>1/2 - Whole Wheat Bagel</b>	<b>Stone Ground Whole Wheat Bread</b>
<b>1 oz minimum per day, 8 oz eq. per week</b>	<i>Portion size or oz.</i>	(1.05 oz.)	(1.05 oz.)	(2.6 oz.)	(2 oz.)	(1.05 oz.)
	<i>Contribution in oz. *</i>	(1 G/B)	(1 G/B)	(2.5 G/B)	(2 G/B)	(1 G/B)
	<b>Item</b>					
	<i>Portion in oz.</i>					
	<b>Item</b>	<b>Cinnamon Toast Cereal</b>	<b>Toasty O's Cereal</b>	<b>Turkey Ham Slice</b>	<b>Raisin Bran Cereal</b>	<b>Honey Nut Scooters</b>
	<i>Portion in oz.</i>	(1 oz.)	(1 oz.)	(.7 oz.) (.5 M/MA)	(1 oz.)	(1 oz.)
<b>OTHER</b>	<b>Item</b>	Trans Fat Free Margarine Jelly Pk.	Trans Fat Free Margarine Jelly Pk.	Trans Fat Free Margarine Syrup	Cream Cheese	
	<i>Portion size or oz.</i>	5g/.5 oz.	5g	5g/1 oz.	1 oz.	
	<i>Contribution in oz. *</i>					
	<b>Menu ID</b>	<b>13515</b>	<b>13517</b>	<b>23964</b>	<b>18381</b>	<b>13523</b>

SNACK Components WEEK 4	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>	<b>Fruit Salad Cup</b>			<b>Applesauce Cup</b>	<b>Peach Cup</b>
	<i>Portion in cups</i>	(½ c.) x2 Pre-portioned			(½ c.) x2 Pre-portioned	(½ c.) x2 Pre-portioned
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>			<b>Flavored Yogurt</b>		
	<i>Portion size or oz.</i>			(4 oz.) cup		
<b>GRAIN/BREAD</b>	<b>Item</b>	<b>Graham Crackers</b>	<b>Pretzels</b>	<b>Animal Crackers</b>	<b>Cinnamon Bread</b>	<b>Assorted Crackers</b>
	<i>Portion in cups</i>	(1 oz.) 2 pkgs. (1 G/B)	(1 oz.) 1 pkg. (1 G/B)	(1 oz.) (1 G/B)	(1.1 oz.) (1 G/B)	Wheat x2 pkgs. And Saltines x2 pkgs. .25 oz. each (1 G/B)
<b>MILK</b>	<b>Item</b>		<b>1% White Low Fat Milk</b>			
	<i>Portion in cups</i>		8 oz.			
	<b>Menu ID</b>	<b>13555</b>	<b>13557</b>	<b>13559</b>	<b>13561</b>	<b>13563</b>

Menus prepared by: G.A. Foods Levinia M. Clark, RD, LDN

Menus approved by: \_\_\_\_\_