



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

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
MILK CHOICES (5)		SAME	SAME	SAME	SAME	SAME
FRUITS (5) 1 cup daily ADDITIONAL FRUITS	Item	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
	Item	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
WHOLE GRAINS & MEAT/ MEAT ALTERNATES	Item	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)
	Item					
	<i>Portion in oz.</i>					
	Item	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.)
OTHER	Item	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>					
	Menu ID	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
FRUITS	Item			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.
MEAT/MEAT ALTERNATES	Item		Flavored Yogurt			
	<i>Portion size or oz.</i>		(4 oz.) cup			
GRAIN/BREAD	Item	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)	
MILK	Item	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.
	Menu ID	13535	13537	13539	13541	13543

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

Menus approved by: _____



Effective: July 2015-June 2016 (06.29.15)

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 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
MILK CHOICES (5)		SAME	SAME	SAME	SAME	SAME
FRUITS (5) 1 cup daily ADDITIONAL FRUITS	Item	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
	Item	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
WHOLE GRAINS & MEAT/ MEAT ALTERNATES 1 oz minimum per day, 8 oz eq. per week	Item	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)
	Item					
	Portion in oz.					
	Item	Apple Jacks Low Sugar	Mini Wheat Cereal		Raisin Bran Cereal	
	Portion in oz.	(1 oz.)	(1 oz.)		(1 oz.)	
OTHER	Item	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. *					
	Menu ID	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
FRUITS	Item		Fresh Apple(#138)		Pear Cup	
	Portion in cups		1 c.		(½ c.) x2 Pre-portioned	
MEAT/MEAT ALTERNATES	Item					
	Portion size or oz.					
GRAIN/BREAD	Item	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)
MILK	Item	1% White Low Fat Milk		1% White Low Fat Milk		1% White Low Fat Milk
	Portion in cups	8 oz.		8 oz.		8 oz.
	Menu ID	13545	13547	13549	13551	13553

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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
MILK CHOICES (5)		SAME	SAME	SAME	SAME	SAME
FRUITS (5) 1 cup daily	Item	100% Orange Juice	Applesauce Cup	Fresh Whole Orange	Mixed Fruit Cup	Fresh Whole Apple (#138)
	<i>Portion in cups</i>	(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(½ c.) Whole Orange	(½ c.) Pre-portioned	(1 c.) Apple
ADDITIONAL FRUITS	Item	Raisins	100% Grape Juice	100% Blended Juice	100% Apple Juice	
	<i>Portion in cups</i>	(¼ c.) 1 Pk. ½ cup credits	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	
WHOLE GRAINS & MEAT/ MEAT ALTERNATES	Item	Stone Ground Whole Wheat Bread	Stone Ground Whole Wheat Bread	2 - Whole Grain Maple Pancakes	1/2 - Whole Wheat Bagel	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.)	(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)
	Item					
	<i>Portion in oz.</i>					
	Item	Cinnamon Toast Cereal	Toasty O's Cereal	Turkey Ham Slice	Raisin Bran Cereal	Honey Nut Scooters
	<i>Portion in oz.</i>	(1 oz.)	(1 oz.)	(.7 oz.) (.5 M/MA)	(1 oz.)	(1 oz.)
OTHER	Item	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>					
	Menu ID	13515	13517	23964	18381	13523

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

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

Menus approved by: _____