

1year olds are served Whole Milk.

All Grain items are Whole Grain (WG)

## MENU CYCLE 1

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Grits Scrambled Eggs Turkey Bacon Sliced Apples 1% White or Chocolate Milk	WG Waffles w/ syrup Sliced Apricots 1% White or Chocolate Milk	WG Grilled Cheese sandwich Hash Browns Mandarin Oranges 1% White or Chocolate Milk	WG Biscuits w/jelly Turkey Sausage Tropical Fruit 1% White or Chocolate Milk	WG Cheerios Banana Florida Orange Juice 1% White or Chocolate Milk
<b>Lunch</b>	Chicken Nuggets Sweet Potato Fries WG Biscuit Sliced Apricots Green Beans 1% White or Chocolate Milk	WG Spaghetti w/ Turkey Meatballs Garlic Bread Slice Green Peas Sliced Pears 1% White or Chocolate Milk	WG Taco w/ Ground Beef & Cheese WG Tortilla & Black Beans Fruit Cocktail Chopped Romaine & Diced Tomatoes Salsa & Taco Sauce 1% White or Chocolate Milk	Beef Meatloaf w/gravy Macaroni & Cheese Peas & Carrots Sliced Peaches 1% White or Chocolate Milk	WG Chicken Patty Sandwich Baked Beans Crushed Pineapples Shredded Lettuce 1% White or Chocolate Milk
<b>Snack</b>	Ritz Crackers Mixed Fruit Cups Cheese sticks Water	Low-Fat Fruit Yogurt Pretzels Water	Fresh Whole Apples Animal Crackers 1% White or Chocolate Milk	Sliced Cheese Saltine Crackers 100% Fruit Juice	Fresh Strawberries Graham Crackers 1% White or Chocolate Milk

## 2023-2024 School Year

Week Of August 21st – 25th, 2023

Week Of September 18th- 22nd, 2023

Week Of October 16th- 20th, 2023

Week of November 13th – 17th, 2023

Week of December 11th- 15th, 2023

Week of January 29th – February 2nd, 2024

Week of February 26th – March 1st, 2024

Week of April 1st- 5th, 2024

Week of April 29th – May 3rd, 2024

Week of May 27th – 31st, 2024

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## MENU CYCLE 2

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	Turkey Sausage link Scrambled Eggs WG Toast w/ Jelly Mixed Fruit 1% White or Chocolate Milk	WG French Toast w/ syrup Turkey Bacon Mandarin Oranges 1% White or Chocolate Milk	WG Oatmeal w/ Raisins Hash Browns Sliced Apples 1% White or Chocolate Milk	WG Pancakes w/ Syrup Turkey Link Sausage Apricots 1% White or Chocolate Milk	WG Tortilla w/ salsa Scrambled Eggs w/ cheese Crushed Pineapples 100% Florida Orange Juice 1% White or Chocolate Milk
<b>Lunch</b>	Chili w/ Beans Brown Rice Chopped Spinach WG Corn Bread Sliced Pears 1% White or Chocolate Milk	Beef Lasagna Garlic Bread Slice Sliced Peaches Green Peas 1% White or Chocolate Milk	Sloppy Joe w/ Ground Turkey WG buns French fries Fruit Cocktail Green Bean Cuts 1% White or Chocolate Milk	Cheese Pizza Breaded Chicken Strips Macaroni & Cheese Green peas Crushed Pineapples 1% White or Chocolate Milk	Fettuccini Alfredo w/ Grilled Chicken Strips WG Mini Roll Cut Broccoli & Corn Sliced Apricots 1% White or Chocolate Milk
<b>Snack</b>	Goldfish Fresh Whole Apples Water	String Cheese Stick Animal Crackers 100% Fruit Juice	Low-Fat Fruit Yogurt Ritz Crackers Water	Graham Crackers Applesauce 1% White or Chocolate Milk	(3) Bagel Bites Mandarin Oranges Cup 1% White or Chocolate Milk

## 2023-2024 School Year

Week Of August 28th- Sep 1st, 2023

Week Of September 25th- 29th 2023

Week of October 23rd- 27th 2023

Week of November 20th – 24th, 2023

Week of December 18th – 22nd, 2023

Week Of February 5th – 9th, 2024

Week Of March 4th – 8th, 2024

Week of April 8th- 12th, 2024

Week of May 6th – 10th, 2024

Week of June 3rd- 7th, 2024

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## MENU CYCLE 3

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	WG Toast w/ Fruit jelly Scrambled Eggs Turkey Bacon Mandarin Oranges 1% White or Chocolate Milk	Corned Beef Hash Grits WG Toast Mixed Fruit 1% White or Chocolate Milk	WG Waffles w/syrup Breaded Chicken Strips Sliced Apricots 1% White or Chocolate Milk	WG Grilled Cheese Sandwich Turkey Bacon Sliced Peaches 1% White or Chocolate Milk	WG Bagel Pizza Turkey sausage Patty Hash Browns Sliced Strawberries 1% White or Chocolate Milk
<b>Lunch</b>	Macaroni & Cheese Sliced Peaches Chopped Spinach 1% White or Chocolate Milk	Baked Turkey w/gravy Mashed Potatoes & Collard Greens WG Bread Stick Sliced Pears 1% White or Chocolate Milk	Barbecue Chicken Strips Yellow Rice w/Sweet Plantain Fruit Cocktail Mixed Vegetables 1% White or Chocolate Milk	Salisbury Steak w/gravy Brown Rice Mixed Vegetables Sliced Apples 1% White or Chocolate Milk	Seashells & Turkey Meatballs WG Bread Stick Baked Beans Crushed Pineapples Diced Tomatoes & Cucumbers 1% White or Chocolate Milk
<b>Snack</b>	WG Turkey Sandwich Applesauce 1% White or Chocolate Milk	Low-Fat Fruit Yogurt Ritz Crackers Water	Pretzels Fresh Banana 1% White or Chocolate Milk	Mixed Fruit Cup Cheez-Its Crackers 1% White or Chocolate Milk	Cheese Stick Animal crackers 100% Fruit Juice

## 2023-2024 School Year

Week Of September 4th– 8th 2023

Week Of October 2nd – 6th 2023

Week Of Oct 30th – Nov 3rd, 2023

Week Of November 27th- December 1st, 2023

Week Of January 15th – 19th, 2024

Week Of February 12th – 16th, 2024

Week Of March 11th – 15th, 2024

Week of April 15th – 19th, 2024

Week of May 13th – 17th, 2024

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# Menu Cycle 4

## 2023-2024 School Year

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b>	WG Oatmeal w/ Raisins Turkey sausage Hashed Browns Sliced Apples 1% White or Chocolate Milk	WG Pancakes w/syrup Turkey Bacon Sliced Apricots 1% White or Chocolate Milk	Grits Corned Beef Hash WG Toast Mixed Fruit 1% White or Chocolate Milk	Scrambled Eggs Turkey Bacon WG Toast w/jelly Mandarin Oranges 1% White or Chocolate Milk	WG Blueberry Muffin Low fat Yogurt Banana 100% Florida Orange Juice 1% White or Chocolate Milk
<b>Lunch</b>	Hamburger on WG Bun Tater tots Mixed fruit Mixed Vegetables 1% White or Chocolate Milk	Turkey-Roni w/WG Elbow Pasta Garlic Bread Slice Sliced Pears Green Peas 1% White or Chocolate Milk	Pulled BBQ Chicken Sandwich WG Bun Sliced Apricots French Fries Cole slaw 1% White or Chocolate Milk	Beef Stir Fry Vegetable Stir Fry Brown Rice Honey Glazed Baby Carrots Mandarin Oranges 1% White or Chocolate Milk	Beef Ravioli WG Bread Stick Crushed Pineapples Chopped Spinach 1% White or Chocolate Milk
<b>Snack</b>	String Cheese Stick Ritz Crackers Whole Fresh Apple Water	Goldfish Cheddar Cracker Low-Fat Yogurt Water	Natural Cheese Slice Saltine Crackers Mandarin Orange Cup 1% White or Chocolate Milk	WG Tortilla W/ Turkey Salsa 100% Fruit Juice	WG Muffin Low-Fat Yogurt Granola Cereal (Topping) Water

Week Of August 14th – 18th, 2023

Week Of September 11th – 15th, 2023

Week of October 9th – 13th, 2023

Week Of November 6th – 10th, 2023

Week of December 4th-8th, 2023

Week Of January 22nd – 26th, 2024

Week Of February 19th – 23rd, 2024

Week Of March 18th – 22nd, 2024

Week Of April 22nd- 26th, 2024

Week of May 20th – 24th, 2024