

OD PROGRAM

MENU PLANNING FORM

For the Week of
 Feb 17 to 21 20 25

Vivian B. Adams

Name of Center

Week 4

Meals and Required Components	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST Milk, fluid	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%
Juice/Fruit/Vegetable	Juice 100%	Juice 100%	Juice 100%	Juice 100%	Juice 100%
Grains/Breads (2 servings)	Cereal x 2	Breakfast Bagel	Cereal x 2	Steak Biscuit	Cereal x 2
Fruit	Mixed Fruit Cup	Strawberry Pouch	Applesauce Cup	Diced Peach Cup	Banana
WW					
LUNCH/SUPPER Milk, fluid	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%	Low Fat Milk Fat Free 1%
Meat/Meat Alternate	Breaded Chicken Sandwich	Country Fried Steak	Beef and Bean Chili ~	Chicken Quesadilla	Ham Sandwich ~
Vegetable/Fruit (2 or more)	Oven Fries	Creamed Potatoes	Sliced Carrots	Whole kernel Corn	Lettuce/Tomato *
	Veggie beans	Black-eye Peas	Broccoli Florets	Green beans	Potato Rounds
	Sliced Peaches	Pear Halves	Fruit Cocktail	Mandurian Oranges	Pineapple Chunks
Grains/Breads (2 or more)		Biscuit **	Toasted Cheese Sandwich **	Cherry Strudel Stick **/*	
	Other Foods		** Gravy **		
Diets**		No Biscuit **	Beef n Beans ~ Toast **	Strawberry/Vanilla Yogurt **	Chicken Sandwich ~
Soft*				Strawberry/Vanilla Yogurt *	Green beans *

Non Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

(2) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

Week 2