

E. FOOD PROGRAM

MENU PLANNING FORM

For the Week of
Oct. 5 to 9 20 26

Vivian B. Adams

Name of Center

Week 2

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	Breakfast Burrito	Cereal	Steak Biscuit/ Jelly	Cereal
Fruit	Banana	Mixed Fruit Cup	Diced Peach Cup	Applesauce cup	Mixed Fruit Cup
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	Pizza	Crispitos	Chicken Wings	Chicken Sandwich	Chicken Poppers
Vegetable/Fruit (2 or more)	Corn	Sweet Potato Fries	Baked Potato	French Fries	Baked Sweet Potato
	Green Salad*	Black Eyed Peas	Broccoli	Baked Beans	Green Beans
	Applesauce Cups/LEA: 4oz Juice	Sliced Peaches/ LEA: 4oz Juice	Fruit Cocktail/LEA: 4oz Juice	Pineapple Chunks/LEA 4 oz Juice	Pear Halves/LEA: 4 oz Juice
Grains/Breads (2 or more)					
			Roll**		Apple Muffin**
Other Foods				Tomato /Pickles	
Diets**/~			No Roll**		No Muffin**
Soft*	LEA: Mixed Vegetables*				

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