

Scheduled Menus Planned for Week of 09/08/2013 thru 09/14/2013

Cooper, Annabel 017550

September 08, 2013 Sun	September 09, 2013 Mon	September 10, 2013 Tue	September 11, 2013 Wed	September 12, 2013 Thu	September 13, 2013 Fri	September 14, 2013 Sat
Breakfast						
	Cold Cereal (054) Grapes (024)	Oatmeal (253) Pears (037)	Pancakes / Waffle (030) Applesauce (002)	Toast (057) Apples (001)	English Muffin (012) Peaches (036)	
	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	Low Fat (1% & 2% (5)	
AM Snack						
	Cheddar Cheese (145) Flour Tortillas (130)	Egg (whole) (166) White Bread (050)	Flat Bread (014) Cucumbers (167)	Graham Crackers / (258) Orange Juice (080)	String Cheese (163) Applesauce (002)	
Lunch						
	Tuna (068) Saltine Crackers (263) Baked Beans (214) Peaches (036) Low Fat (1% & 2% (5)	Beef Ground (001) Macaroni Noodles (106) Fresh Tomatoes (267) Bananas (004) Low Fat (1% & 2% (5)	Chicken Strips/Te (044) Hot Dog Buns (022) French Fries (256) Peaches (036) Low Fat (1% & 2% (5)	Ham (074) Rolls (042) Potatoes (Baked / (262) Green Beans (221) Low Fat (1% & 2% (5)	Salisbury Steak (023) Rolls (042) Raisins (044) Corn (166) Low Fat (1% & 2% (5)	
PM Snack						
	Snack Crackers (264) Low Fat (1% & 2% (5)	Pretzel, Hard (036) Mixed Fruit (032)	Wheat Crackers (265) Apple Juice (062)	Oatmeal Cookies (274) Low Fat (1% & 2% (5)	Turkey Lunchmeat (108) Wheat Bread (048)	
Dinner						
Evening Snack						