



# FOOD MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/Veg/100% Juice					
	Milk					
<b>Lunch</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Vegetable					
	Fruit or Vegetable					
	Milk					
<b>Snack</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/100% Juice					
	Vegetable					
	Milk					



# FOOD MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/Veg/100% Juice					
	Milk					
<b>Lunch</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Vegetable					
	Fruit or Vegetable					
	Milk					
<b>Snack</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/100% Juice					
	Vegetable					
	Milk					



# FOOD MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/Veg/100% Juice					
	Milk					
<b>Lunch</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Vegetable					
	Fruit or Vegetable					
	Milk					
<b>Snack</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/100% Juice					
	Vegetable					
	Milk					



# FOOD MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/Veg/100% Juice					
	Milk					
<b>Lunch</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Vegetable					
	Fruit or Vegetable					
	Milk					
<b>Snack</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/100% Juice					
	Vegetable					
	Milk					



# FOOD MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/Veg/100% Juice					
	Milk					
<b>Lunch</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Vegetable					
	Fruit or Vegetable					
	Milk					
<b>Snack</b>	Meat/ Meat Alternate					
	Bread/Bread Alternate					
	Fruit/100% Juice					
	Vegetable					
	Milk					