

Dyess AFB School-Age Program Menus

Week 3

<b>USDA Child Care Meal Pattern</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>BREAKFAST</b>	<b>Cereal Variety</b>	<b>Bagels</b>	<b>Breakfast Burrito</b>	<b>Cinnamon Toast</b>	<b>Waffles</b>
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	Bananas (C)	Orange Slices (C)	Strawberries (C)	Apple Slices (C)	Plums (A)
Bread/Grain	Cereal Variety (Honey Nut Cheerios,	Bagels	Flour Tortilla	Cinnamon Toast	Waffles
Other Foods	Shredded Wheat, Rice Krispies, Golden Grahams	Low Fat Cream Cheese	Egg & Cheese (Fe)		
<b>LUNCH</b>	<b>Turkey Sandwich</b>	<b>Chicken Patty on Bun</b>	<b>Baked Fish</b>	<b>Lasagna</b>	<b>Chicken Salad Sandwich</b>
Milk	Milk	Milk	Milk	Milk	Milk
Fruit/Vegetable	Coleslaw (C)	Green Beans (Fe)	Carrots (A)	Fruit Cocktail	Baked Tator Tots
(2 or more)	Cantaloupe (A&C)	Peaches (A)	Baked Potato (C)	Tossed Salad	Watermelon (C)
Bread/Grains	Hogie Roll/Subs	Hamburger Bun	Multigrain Rolls	Lasagna Noodles	Sliced Wheat Bread
Meat/Alternative	Turkey Slices (Fe)	Chicken Patty	Baked Fish (Fe)	Ground Beef (Fe)	Chicken Salad
Other Foods	Lettuce/Tomato/Cheese			Garlic Bread	
<b>SNACK</b>	<b>TexMex Nacho</b>	<b>Pimento Cheese &amp; Crackers</b>	<b>Fruit Grain Bars</b>	<b>String Cheese</b>	<b>Pigs-In-A-Blanket</b>
Milk	Milk	Water	Milk		
Fruit/Vegetable	Refried Beans (Fe)	Celery & Carrot (A) Sticks		100% Tomato Juice	100% Grape Juice
Bread/Grains	Tortilla Chips	Triscuits	Fruit Grain Bars	Baked pita chips	Biscuits
Meat/Alternative	Seasoned Ground Beef (Fe)	Pimento Cheese		String Cheese	Beef Little Smokies
Other Foods	Cheese & Salsa				

A Fresh Fruit Bowl is set out during all meal times.

2% Milk Served

Fresh fruit served when available