

BREAKFAST MASTER MENU

01 Rice Krispies Nectarines Milk*	02 Pancakes/Waffles Strawberries Milk*	03 Fortified Oat Flakes Bananas Milk*	04 Homemade Muffins Fruit Cocktail Milk*
05 Oatmeal/Instant Papaya Milk*	06 Bagel Watermelon Milk*	07 Apple Cheese Biscuit** Biscuits Blueberries Milk*	08 Oven French Toast** Pears Milk*
10 Cinnamon Rolls Fruit Salad Milk*	11 Biscuits Mangoes Milk*	12 Croissants Plums Milk*	13 Granola Apricots Milk*
14 Grits Fruit Cocktail Milk*	15 Cereal Bars Oranges Milk*	16 English Muffin Honeydew Melon Milk*	17 Cornbread Kiwi Milk*
18 Poptarts Honeydew Melon Milk*	20 Rice Cake Blackberries Milk*	21 Zucchini Bread Bananas Milk*	22 Pretzel – Soft Fruit Salad Milk*
23 Sweet Rolls Hash Browns Milk*	24 Bran Chex Apples Milk*	25 Rice Krispies Bananas Milk*	26 Cake Donuts Honeydew Melon Milk*
27 Bagel Pineapple Milk*	28 Carrot Bread Kiwi Milk*	30 Corn Flakes Strawberries Milk*	31 Frosted Mini Wheat Applesauce Milk*
32 Cheerios Grapes Milk*	33 Wheaties Nectarines Milk*	34 Pancakes/Waffles Grapes Milk*	35 Pumpkin Pancakes** Apples Milk*
36 Bagel Cantaloupe Milk*	37 Bagel Pineapple Juice Milk*	38 Pancakes/Waffles Peaches Milk*	40 French Toast Oranges Milk*

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41 Biscuits Cantaloupe Milk*	42 Cinnamon Rolls Bananas Milk*	43 Croissants Strawberries Milk*	44 Pancakes/Waffles Peaches Milk*
45 Granola Fruit Cocktail Milk*	46 Cereal Bars Watermelon Milk*	47 English Muffin Honeydew Melon Milk*	48 Cornbread Blueberries Milk
50 Poptarts Peaches Milk*	51 Rice Cake Easy Winter Fruit Salad** Milk*	52 Blueberry Bread Tator Tots Milk*	53 Coffee Cake** Bananas Milk*
54 Pretzel – Soft Mangoes Milk*	55 Breakfast Burrito** Flour Tortillas Refried Beans Milk*	56 Whole Grain Banana- Muffins** Fruit Cocktail Milk*	57 Yogurt/Cereal/Fruit Parfait** Milk*
58 Cereal Bars Banana Crunch Pop** Milk*	60 Cream of Wheat Cherrie Milk*	61 Life/Variety Raspberries Milk*	62 Banana Bread** Peaches Milk*

LUNCH/DINNER MASTER MENU

70 Roast Turkey Sandwich Wheat Bread Carrots Fresh Peach Slices Milk*	71 HM Pizza Moz. Cheese + Protein Pizza Crust Green Salad Applesauce Milk*	72 Fish Sticks White Bread Green Beans Fruit Cocktail Milk*	73 HM Tacos Beef Ground Taco Shell Lettuce & Tomato Cantaloupe Milk*
74 Grilled Ham & Cheese Ham and Cheese Wheat Bread Tomato Soup Pears Milk*	75 Tuna Sandwich Tuna White Bread Carrots Oranges Milk*	76 HM Spaghetti Turkey Ground Spaghetti Noodles Green Beans Fruit Salad Milk*	77 Tuna Casserole** Tuna Noodles Peas & Carrots Apples Milk*
78 Beef Soup** Beef Stew Meat Wheat Bread Carrots Blueberries Milk*	80 Egg Salad** Egg White Bread Carrots Apples Milk*	81 Beef Franks with Extra Protein Hot Dog Buns French Fries Oranges Milk*	82 Chili** Turkey Ground Rolls Tomato Sauce Bananas Milk*
83 Sloppy Joes** Turkey Ground Hamburger Buns Corn Pears Milk*	84 Chicken Soup** Whole Chicken White Rice Carrots Apples Milk*	85 Chunky Lunch** Turkey Lunchmeat/Cheese Wheat Bread Bananas Celery Milk*	86 Hamburgers** Beef Ground Hamburger Buns Green Beans Nectarines Milk*
87 Navy Bean Soup** Ham Wheat Bread Navy Beans Oranges Milk*	88 Lasagna** Beef Ground Noodles Lettuce & Tomato Fruit Cocktail Milk*	100 Chicken Breast Bread Sticks Corn Grapes Milk*	101 Chicken Burrito** Chicken Breast Flour Tortillas Refried Beans Lettuce & Tomatoes Milk*
102 Beef Stew** Stew Meat – Beef Pumpernickle Bread Green Salad Blueberries Milk*	103 Chicken Salad** Chicken Breast Croissants Lettuce & Tomato Grapes Milk*	104 Beef Tacos** Beef Ground Taco Shell Pinto Beans Lettuce & Tomato Milk*	105 Chicken Quesadilla** Chicken Ground Flour Tortillas Refried Beans Mango Milk*

LUNCH/DINNER MASTER MENU

106 Beef Stew Stew Meat – Beef White Rice Green Salad Bananas Milk*	107 Chicken Parmesan** Chicken Breast Spaghetti Noodles Green Beans Apples Milk*	108 BBQ Pork Sandwich Pork Roast Hamburger Buns Corn Kiwi Milk*	110 Sausage Biscuit Sausage – Pork Biscuits Hash Browns Applesauce Milk*
111 Chicken Nuggets Mac & Cheese – Box Green Beans Peaches Milk*	112 Ham & Cheese Wheat Bread Three Bean Salad Mandarin Oranges Milk*	113 Italian Sandwich Salami, Turkey & Cheese Wheat Bread Carrot Sticks Applesauce Milk*	114 Turkey Lunchmeat Wheat Bread Lettuce & Tomato Bananas Milk*
115 Sausage Pizza Sausage – Pork/Cheese Pizza Crust Celery Carrots Milk*	116 Fried Chicken Whole Chicken Rolls Potatoes Pears Milk*	117 Chicken Sandwich Chicken Lunchmeat Wheat Bread Peas & Carrots Pineapple Milk*	118 Eggs White Bread Hash Browns Pears Milk*
120 Chicken Burgers Chicken Ground Hamburger Buns French Fries Strawberries Milk*	121 Turkey & Pasta Turkey Breast Noodles Lettuce & Tomato Broccoli Milk*	122 Sloppy Joes Beef Ground Hamburger Buns Cucumbers Tangerines Milk*	123 Sausage – Beef Hot Dog Buns Green Salad Oranges Milk*
124 Cottage Cheese Rolls Peaches Peas & Carrots Milk*	125 Baked Fish Fish Fillets Rolls Green Salad Corn Milk*	126 Turkey Dinner Turkey Roast Stuffing/Dressing Potatoes Cranberry Sauce Milk*	127 Not Just for Breakfast Ham Pancakes/Waffles Hash Browns Fruit Salad Milk*
128 Yogurt & Fruit Yogurt Teddy Grahams Bananas Strawberries Milk*	130 Not Just for Breakfast Canadian Bacon Oats(Oatmeal) Bananas Peaches Milk*	131 Ham Macaroni Noodles Peas & Carrots Tomatoes Milk*	132 Corn Dog Beef Franks(extra protein) Corn Dog Wrap Broccoli Fruit Salad Milk

LUNCH/DINNER MASTER MENU

133 Egg Salad Sandwich Egg White Bread Lettuce & Tomato Cantaloupe Milk*	134 Roast Beef White Bread Potatoes Green Salad Milk*	135 Whole Chicken Rolls Green Beans Potatoes Milk*	136 Chicken Breasts White Rice Mixed Vegetables Oranges Milk*
137 Tuna Sandwich Tuna Croissants Lettuce & Tomato Bananas Milk*	138 Fish Sticks Mac & Cheese – Box Green Salad Fruit Cocktail Milk*	140 Pork Chops & Applesauce Pork Chops Fried Rice Broccoli Applesauce Milk*	141 String Cheese Saltine Crackers Turkey Veg. Soup Red/Kidney Beans Milk*
142 Beef Chili* Beef Ground Saltine Crackers Green Salad Fruit Cocktail Milk*	143 Whole Chicken Flour Tortilla Pinto Beans Corn Milk*	144 Peanut Butter & Jelly Sand. Yogurt, Fruited Wheat Bread Banana Tropical Fruit Salad Milk*	145 Ham Soda Crackers Potato Soup Green Beans Milk*
146 Whole Chicken French Fries Lettuce & Tomato Blueberries Milk*	147 Grilled Cheese Sandwich Cheddar Cheese White Bread Tomato Soup Apples Milk*	148 Roast Beef Sandwich Wheat Broccoli Kiwi Milk	150 Pot Roast Wheat Bread Corn Potatoes Milk*
151 Lamb Flat Bread Hummus Green Salad Milk*	152 Peanut Butter & Cheese White Bread Apples Bananas Milk*	153 Chicken Breast Wheat Bread Green Salad Mandarin Oranges Milk*	154 Turkey Lunchmeat Wheat Bread Peas & Carrots Mango Milk*
155 Tuna Sandwich Tuna Rye Bread Lettuce & Tomato Pineapple Milk*	156 Mac & Cheese w/Ham** Cheese & Ham Elbow Macaroni Green Salad Peaches Milk*	157 Porcupine Meatballs** Beef Ground Rice Green Salad Sweet Potato/Yams Milk*	158 Corn Flake Baked Chicken Breasts** Brown Rice Pilaf** Corn Pork & Beans Milk*

LUNCH/DINNER MASTER MENU

<p>160 Navy Bean & Ham Soup** Navy Bean & Ham Perfect Cornbread** Spinach Salad** Black Beans Milk*</p>	<p>161 Hummus Dip** Turkey Lunchmeat Whole Wheat Bread Cucumber Slices Fruit Cocktail Milk*</p>	<p>162 Pork Stir Fry** Pork Roast White Rice Carrots & Broccoli Apples Milk*</p>	<p>163 Tater Tot Casserole** Chicken Breasts Wheat Bread Green Salad Grapes Milk</p>
<p>164 Bean & Cheese Burrito** Refried Beans Whole Wheat Tortilla Lettuce & Tomato Mango Milk*</p>	<p>165 BBQ Cups** Beef Ground Biscuit Dough Green Salad_(Lowfat & Yummy Dressing) Grapes Milk*</p>	<p>166 Baked Spaghetti** Beef Ground Spaghetti Noodles Green Beans Oranges Milk*</p>	<p>167 Tasty Lemon Fish** Fish Fillets Rice-a-Roni Peas & Carrots Blueberries Milk*</p>
<p>168 Baked Beans** Beef Franks(extra Protein) Hot Dog Bun Carrots Apples Milk*</p>	<p>170 Peanut Butter & Cheese Wheat Bread Volcano Potatoes** Fruit Salad Milk*</p>	<p>171 Chili Corn Chip Bake** Beef Ground Corn Chips Tomatoes Cherries Milk*</p>	<p>172 Individual Pizzas** Pork Sausage Biscuits Green Salad Kiwi Milk</p>
<p>173 Crock-pot Cheeseburger Sandwiches** Beef Ground Sandwich Buns Baby Carrots & Raisins** Apples Milk*</p>	<p>174 Turkey Tetrazzini** Turkey - Roast Vermicelli Spaghetti Broccoli Salad** Pineapple Milk*</p>	<p>175 Ham & Cheddar Roll-ups** Ham Lunchmeat Crescent Rolls Lettuce & Tomato Bananas Milk*</p>	<p>176 Tuna Boats** Tuna Hot Dog Buns Vegetable Soup** Oranges Milk*</p>
<p>177 Chicken Enchilada Casserole** Chicken Breast Tortilla Chips Green Salad Apples Milk*</p>	<p>178 Vegetable Chili** Kidney Beans French Bread Tomatoes Strawberries Milk*</p>	<p>180 Busy Day Hamburger Stew** Beef Ground Roll Potatoes Grapes Milk*</p>	<p>181 Turkey Roast Stuffing/Dressing Sunny Carrot Salad** Potatoes Milk*</p>
<p>182 Lime Marinated Chicken Breast** Rolls Potatoes Oranges Milk*</p>	<p>183 Chicken Pita Sandwiches** Chicken Breast Pita Bread Rounds Lettuce & Tomato Mango Milk*</p>	<p>184 Not Just for Breakfast Egg Pancakes/Waffles Hash Browns Applesauce Milk*</p>	<p>185 Chicken Nuggets French Bread Tater Tots Carrots Milk*</p>

LUNCH MASTER MENU

186 Fish Fillets White Rice Mixed Vegetables Tangerines Milk*	187 Chicken Tacos Chicken Breast Flour Tortillas Green Salad Pears Milk*	188 Peanut Butter & Cheese Wheat Bread Carrots Fruit Cocktail Milk*	
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SNACKS MASTER MENU

200 Oatmeal Cookies Milk*	201 Mozzarella Cheese Soda Crackers	202 Yogurt Carrots	203 Whole Grain Chips Salsa
204 Egg Milk*	205 Bagel Banana	206 Cottage Cheese Pears	207 Homemade Muffins Milk*
208 Pretzel – Hard Kiwi	210 Cornbread Broccoli Milk*	211 Cinnamon Rolls Grapes	212 Animal Crackers Grapes
213 Cheerios/Variety Bananas Milk*	214 String Cheese Bread Sticks 100% Fruit Juice	215 Cheddar Cheese Flour Tortillas	216 Vanilla Wafers Bananas
217 Graham Crackers Applesauce	218 American Cheese White Bread 100% Fruit Juice	220 Peanut Butter/Snack Celery	221 Pretzel – Soft Honeydew Melon
222 Yogurt Strawberries	223 Teddy Grahams Honeydew Melon	224 Oyster Crackers 100% Fruit Juice	225 Pop tarts Milk*
226 Bread Pudding Milk*	227 French Toast Strawberries	228 Rice Krispies Milk*	230 Peanut Butter/ Snack White Bread 100% Fruit Juice

SNACKS MASTER MENU

231 Cashews Grapes Milk*	232 Pecans Fruit Cocktail	233 Yogurt Bananas	234 Egg Saltine Crackers 100% Fruit Juice
235 English Muffin Mangoes	236 Cheese Spread(Dbl Portion) Bread Sticks 100% Fruit Juice	237 Cake Donut Milk*	238 Sweet Rolls Milk*
240 Oatmeal Cookies Milk*	241 String Cheese Apples	242 Mozzarella Cheese Bagel Pizza Sauce Milk	243 Chicken Lunchmeat Club Crackers 100% Fruit Juice
244 Refried Beans Flour Tortilla	245 American Cheese Bread	246 Yogurt Pretzel - Hard Strawberries	247 Yogurt Gingerbread Cookies Milk*
248 Apple Bread Milk*	250 String Cheese Pineapple	251 Rice Krispies Carrots Milk*	252 Gingerbread Cookies Milk*
253 Zucchini Bread Apples	254 Kix Milk*	255 Brownies(no frosting) Milk*	256 Taco Chex Mix** Strawberries
257 Perfect Peanut Butter Dip** Assorted Fruit Chunks	258 Black Bean Dip** Crackers	260 Corn Chex Milk*	261 Baked Apples** Soda Crackers
262 Sausage – Pork Pancakes/Waffles	263 Cornbread Apples	264 Pumpkin Bread** Grapes	265 Gone Fishing** 100% Fruit Juice

SNACKS MASTER MENU

266 Finger Pancakes** Apples	267 Peach Crisp** Milk*	268 Granola** Milk*	270 Junior Trail Mix** Fruit Cocktail
271 Apple Cheese Squares** Soda Crackers 100% Fruit Juice	272 Orange-Pineapple Gelatin** String Cheese	273 Pumpkin Patch Muffins** 100% Fruit	274 Wheat Bread Flavored Milk*
275 Cottage Cheese Dip** Carrots	276 Nuts & Bolts** Milk*	277 Cucumber Yogurt Dip** Fruit Salad	278 Healthy Bran Muffins** Grapes
280 Soft Pretzels** Cool Creamy Veg. Dip** Raw Veggie Plate	281 Fruit Jigglers** Cheese	282 Bagel Apple Smiles**	283 Biscuits Plums
284 Rice Cake Peaches	285 Rice Pudding Apples	286 Blueberries Crackers	287 Bean Soup Italian Bread
288 Almonds Papaya			

IMPORTANT GUIDELINES

***MILK – MANDATED BY USDA**

Whole Milk (7)

Children ages 1 year to 2 years –

Children ages 2 years and older –

Eggnog (Commercial) (1)

Milk Shakes, Fluid Milk (2)

Flavored Milk (Chocolate & Strawberry) (3)

High Protein Milk (4)

Low fat Milk 1% (5)

Skim Milk ½ % (6)

Milk 2% (8)

You can always add more food to the master menu but the menus enclosed are based on the meal pattern requirements.

NO SUBSTITUTIONS are allowed to the Master Menu; if you must substitute you will need bubble or check each individual component.

Rice Pudding is not allowed for Breakfast.

100% Fruit Juice (the label must say 100% fruit juice or it is not allowed)

Add Raisins to cereals, fruit salads, oatmeal etc. it is a good way to add iron into the children's diet.

Canned Soups only give you a ¼ cup grain serving.

Canned vegetable soup does not count as a vegetable. You will need to add extra vegetable.

Give foods containing Vitamin A every other day.

American Cheese Slice does not come in an ounce size anymore, add more and read the label.

Hot Dogs – make sure there is no Vegetable protein or cereal by products as fillers.

Limit processed meat to once per week.

Use 100% whole wheat or whole grain bread.