

KATERING 4 KIDS – WEEKLY MENU

		DAYS OF WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Grade	8/19	8/20	8/21	8/22	8/23	
		Component	Min. Serving	WG Super Donut	WG Granola Bar & WG Graham Cracker	WG Crumb Cake	WG Oatmeal Round	WG Honey Bun
Breakfast	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or FF Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	
	Grain (WGwhole)	1 oz eq.	WG Donut	WG Bar & Cracker	WG Crumb Cake	WG Breakfast Round	WG Breakfast Bun	
	Fruit	1 cup	Mixed Fruit & Fruit Juice	Fresh Apple & Fruit Juice	Craisins & Fruit Juice	Applesauce & Fruit Juice	Diced Pears & Fruit Juice	
	Calories / Fat (Sat)g / Sodium- mg		550 / 12.5 (5.5g) / 380mg	440 / 6 (2g) / 330mg	520 / 9.5 (2.5g) / 320mg	610 / 14.5 (6g) / 380mg	550 / 14.5 (6g) / 480mg	
	Component	Min. Serving	Cheeseburger	Chicken Alfredo	Mac & Cheese	WG Breaded Chicken Tenders	Cheese Pizza	
Lunch	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	
	Grains (WGwhole)	2 oz eq.	WG Bun	WG Penne Pasta	WG Elbow Pasta	WG Breading & WG Graham Cracker	WG Pizza Crust	
	Meat or Meat alt.	2 oz.	Beef Patty & Cheese	Diced Chicken & Cheese	Cheese	Chicken	Cheese	
	Vegetable	1 cup	Sliced Carrots	Cut Green Beans	Green Peas	Broccoli Florets	Red Beans	
	Fruit	1 cup	Tropical Fruit	Cut Mandarin Segments	Applesauce	Pineapple Chunks	Fresh Apple	
Calories / Fat (Sat)g / Sodium- mg		710 / 25 (11g) / 965mg	740 / 16 (7.5g) / 1450mg	730 / 13.5 (3.5g) / 1225mg	670 / 21.5 (5g) / 640mg	560 / 13.5 (5g) / 1115mg		
ALTERNATE MEALS: for dietary needs (Info w/Unflavored Milk)								

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KATERING 4 KIDS – WEEKLY MENU

		DAYS OF WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Grade	8/26	8/27	8/28	8/29	8/30
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		Component	WG Cereal Bar	WG Honey Bun	WG Breakfast Round	WG Super Donut	WG Chocolate Chip Muffin & Graham Cracker
Breakfast	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or FF Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk
	Grain (WGwhole)	1 oz eq.	WG Cereal Bar	WG Breakfast Bun	WG Breakfast Round	WG Donut	WG Muffin & Graham Cracker
	Fruit	1 cup	Mixed Fruit & Fruit Juice	Fresh Apple & Fruit Juice	Craisins & Fruit Juice	Applesauce & Fruit Juice	Diced Pears & Fruit Juice
	Calories / Fat (Sat)g / Sodium- mg			580 / 5.5 (1.5g) / 290mg	480 / 14.5 (6g) / 480mg	540 / 14.5 (6g) / 370mg	550 / 12.5 (5.5g) / 390mg
		Component	Bosco Sticks	Mac & Cheese	WG Breaded Chicken Nuggets	WG Rotini w/ Meat Sauce	Chicken Quesadilla
Lunch	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk
	Grains (WGwhole)	2 oz eq.	WG Breadsticks	WG Elbow Pasta	WG Breading & WG Roll	WG Rotini	WG Tortilla & Graham Cracker
	Meat or Meat alt.	2 oz.	Cheese	Cheese	Chicken	Ground Beef & Crushed Tomatoes	Diced Chicken & Cheese
	Vegetable	1 cup	Tossed Salad	Red Beans	Cut Green Beans	Steamed Baby Carrots	Cut Corn Kernels
	Fruit	1 cup	Tropical Fruit	Cut Mandarin Segments	Applesauce	Pineapple Chunks	Banana
Calories / Fat (Sat)g / Sodium- mg			580 / 11.5 (3.5g) / 585mg	660 / 13.5 (3.5g) / 1745mg	660 / 16 (5g) / 1405mg	720 / 18 (6.5g) / 850mg	980 / 35 (15.5g) / 950mg
ALTERNATE MEALS: for dietary needs (Info w/Unflavored Milk)							

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