



Effective: July 2016-June 2017 (7.19.16)

2016-2017 Service Dates:					
*07/04-07/08,	08/01-08/05,	08/29-09/02,	09/26-09/30,		
10/24-10/28,	11/21-11/25,	12/19-12/23,	01/16-01/20,		
02/13-02/17,	03/13-03/17,	04/10-04/14,	05/08-05/12,		
06/05-06/09,					

Breakfast-Food Based Meal Pattern Menu Grade 9-12

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 1	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		SAME	SAME	SAME	SAME	SAME
<b>FRUITS OR VEGETABLES</b> 1 Cup Daily	<b>Item</b>	100% Orange Juice	100% Apple Juice	100% Orange Pineapple Juice	Fresh Whole Apple (#125)	100% Blended Juice
	<i>Portion in cups</i>	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned	(1 c.) Apple	(4 oz.) Pre-portioned
	<b>Item</b>	Pineapple Cup	Raisins	Peach Cup		Fresh Whole Orange
	<i>Portion in cups</i>	(½ c.) Pre-portioned	1.5 oz Pk. ½ cup credits	(½ c.) Pre-portioned		(½ c.) Whole Orange
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b>	<b>Item</b>	2-WG Strawberry Waffle Graham	Stone Ground Whole Wheat Bread	1-Whole Grain Blueberry Muffin	1 Whole Wheat Bagel	Cinnamon Toast Cereal
	<i>Portion in oz.</i>	(2 oz.)	(1.05 oz.)	(2 oz.)	(2.5 oz.)	(1 oz.)
	<i>Contribution in oz. *</i>	(2 G/B)	(1 G/B)	(1 G/B)	(2.5 G/B)	(1 G/B)
	<b>Item</b>					
	<i>Portion in oz.</i>					
	<b>Item</b>		Fruit Loops Reduced Sugar		Honey Nut Scooters	
	<i>Portion in oz.</i>		(1 oz.) (1 G/B)		(1 oz.) (1 G/B)	
	<b>Item</b>		Trans Fat Free Margarine Jelly Pk.		Cream Cheese	
<b>OTHER</b>	<i>Portion size or oz.</i>		5g/5 oz.		1 oz.	
	<i>Contribution in oz. *</i>					
	<b>Menu ID</b>	30636	37200	30640	37202	30644

SNACK Components WEEK 1	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>	Peach Cup			Fresh Apple (#138)	
	<i>Portion in cups</i>	(½ c.) x2 Pre-portioned			1 c.	
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>	String Cheese	Flavored Yogurt			
	<i>Portion size or oz.</i>	(1 oz.)	(4 oz.) cup			
<b>GRAIN/BREAD</b>	<b>Item</b>		Animal Crackers	Graham Crackers	Tomato Basil Bites	Cheese on Cheese Crackers
	<i>Portion in cups</i>		(1 oz.)(1 G/B)	(1 oz.) 2 pkgs. (1 G/B)	(1 oz.) 1 pkg. (1 G/B)	(1.38 oz.) 1 pkg. (1 G/B)
<b>MILK</b>	<b>Item</b>			1% White Low Fat Milk		1% White Low Fat Milk
	<i>Portion in cups</i>			8 oz.		8 oz.
	<b>Menu ID</b>	30770	30772	30774	30776	30778

Menus prepared by: G.A. Foods

Menus approved by: \_\_\_\_\_



Effective: July 2016-June 2017 (7.19.16)

2016-2017 Service Dates:			
07/11-07/15,	08/08-08/12,	09/05-09/09,	10/03-10/07,
10/31-11/04,	11/28-12/02,	12/26-12/30,	01/23-01/27,
02/20-02/24,	03/20-03/24,	04/17-04/21,	05/15-05/19,
06/12-06/16			

Breakfast-Food Based Meal Pattern Menu Grade 9-12

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 2	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		SAME	SAME	SAME	SAME	SAME
<b>FRUITS OR VEGETABLES</b> 1 Cup Daily	<b>Item</b>	100% Orange Juice	100% Grape Juice	100% Blended Juice	100% Orange Pineapple Juice	100% Apple Juice
	<i>Portion in cups</i>	(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(½ c.) Whole Orange	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned
	<b>Item</b>	Pineapple Cup	Applesauce Cup	Fresh Whole Orange	Mixed Fruit Cup	Pear Cup
	<i>Portion in cups</i>	(½ c.) Pre-portioned	(½ c.) Pre-portioned	(½ c.) Whole Orange	(½ c.) Pre-portioned	(½ c.) Pre-portioned
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b>	<b>Item</b>	Stone Ground Whole Wheat Bread	1- WG Apple Cinnamon Waffle Graham	2- Whole Grain Maple Pancakes	1-Whole Grain Raisin Bread	Crunch Mania French Toast
	<i>Portion in oz.</i>	(1.05 oz.)	(1 oz.)	(2.8 oz.)	(1.34 oz.)	(1.76 oz.)
	<i>Contribution in oz. *</i>	(1 G/B)	(1 G/B)	(2.25 G/B)	(1.25 G/B)	(2 G/B)
	1 oz. eq. minimum per day, 9 oz. eq. per week					
	<b>Item</b>					
	<i>Portion in oz.</i>					
	<b>Item</b>	Mini Wheat Cereal	Toasty O's Cereal		Frosted Flakes Reduced Sugar	Cinnamon Toast Cereal
	<i>Portion in oz.</i>	(1 oz.) (1G/B)	(1 oz.) (1G/B)		(1 oz.) (1G/B)	(1 oz.) (1G/B)
<b>OTHER</b>	<b>Item</b>	Trans Fat Free Margarine Jelly Pk.		Trans Fat Free Margarine Syrup	Trans Fat Free Margarine	
	<i>Portion size or oz.</i>	5g/.5 oz.		5g/1 oz.	5g	
	<i>Contribution in oz. *</i>					
	<b>Menu ID</b>	30646	30648	30652	30656	30658

SNACK Components WEEK 2	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>	Pear Cup				Carrot Sticks w/ Ranch Dressing pkt.
	<i>Portion in cups</i>	(½ c.) x2 Pre-portioned				(1 c.) / 1 pkt.
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>		Flavored Yogurt	String Cheese		
	<i>Portion size or oz.</i>		(4 oz.) cup	(1 oz.)		
<b>GRAIN/BREAD</b>	<b>Item</b>	Pretzels	Graham Crackers	Pizza Bites	Fish Shaped Crackers	Assorted Crackers
	<i>Portion in cups</i>	(1 oz.) 1 pkg. (1 G/B)	(1 oz.) 2 pkgs. (1 G/B)	(1 oz.) 1 pkg. (1 G/B)	(0.75 oz.) 1 pkg. (1 G/B)	Wheat x2 pkgs. And Saltines x2 pkgs. .25 oz. each (1 G/B)
<b>MILK</b>	<b>Item</b>				1% White Low Fat Milk	
	<i>Portion in cups</i>				8 oz.	
	<b>Menu ID</b>	30780	30782	30784	30786	30788

Menus prepared by: G.A. Foods      Menus approved by: \_\_\_\_\_



Effective: July 2016-June 2017 (7.19.16)

2016-2017 Service Dates:			
07/18-07/22,	08/15-08/19,	09/12-09/16,	10/10-10/14,
11/07-11/11,	12/05-12/09,	01/02-01/06,	01/30-02/03,
02/27-03/03,	03/27-03/31,	04/24-04/28,	05/22-05/26,
6/19-6/23			

Breakfast-Food Based Meal Pattern Menu Grade 9-12

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 3	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		SAME	SAME	SAME	SAME	SAME
<b>FRUITS OR VEGETABLES</b> 1 Cup Daily	<b>Item</b>	100 % Orange Juice	100% Blended Juice	100% Grape Juice	100 % Orange Pineapple Juice	Fresh Whole Apple (#125)
	Portion in cups	(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(4 oz..) Pre-portioned	(4 oz..) Pre-portioned	(1 c.) Apple
	<b>Item</b>	Mixed Fruit Cup	Raisins	Citrus Fruit Cup	Peach Cup	
	Portion in cups	(½ c.) Pre-portioned	1.5 oz Pk. ½ cup credits	(½ c.) Pre-portioned	(½ c.) Pre-portioned	
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b>	<b>Item</b>	1-Whole Grain Raisin Bread	Stone Ground Whole Wheat Bread	1 -Whole Grain Apple Muffin	Stone Ground Whole Wheat Bread	Crunch Mania Cinnamon Bun
	Portion size or oz.	(1.34 oz.)	(1.05 oz.)	(2 oz.)	(1.05 oz.)	(1.76 oz.)
	Contribution in oz. *	(1.25 G/B)	(1 G/B)	(1 G/B)	(1 G/B)	(2 G/B)
	<b>Item</b>					
	Portion in oz.					
	<b>Item</b>	Reduced Sugar Apple Jacks	Mini Wheat Cereal		Honey Nut Scooters	
	Portion in oz.	(1 oz.) (1G/B)	(1 oz.) (1G/B)		(1 oz.) (1G/B)	
	<b>OTHER</b>	<b>Item</b>	Trans Fat Free Margarine	Trans Fat Free Margarine Jelly Pk.		Trans Fat Free Margarine x2 Jelly
	Portion size or oz.	5g	5g/5 oz.		10g/5 oz.	
	Contribution in oz. *					
	<b>Menu ID</b>	30660	30662	30768	30666	30668

SNACK Components WEEK 3	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>		Pineapple Cup	Fresh Apple(#138)	Pear Cup	
	Portion in cups		(½ c.) x2 Pre-portioned	1 c.	(½ c.) x2 Pre-portioned	
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>			Flavored Yogurt		
	Portion size or oz.			(4 oz.) cup		
<b>GRAIN/BREAD</b>	<b>Item</b>	Animal Crackers	Fish Shaped Crackers		Graham Crackers	Cheese on Cheese Crackers
	Portion in cups	(1 oz.) (1 G/B)	(0.75 oz.) 1 pkg. (1 G/B)		(1 oz.) 2 pkgs. (1 G/B)	(1.38 oz.) 1 pkg. (1 G/B)
<b>MILK</b>	<b>Item</b>	1% White Low Fat Milk				1% White Low Fat Milk
	Portion in cups	8 oz.				8 oz.
	<b>Menu ID</b>	30790	30792	30794	30796	30798

Menus prepared by: G.A. Foods      Menus approved by: \_\_\_\_\_



Effective: July 2016-June 2017 (7.19.16)

2016-2017 Service Dates:			
07/25-07/29,	08/22-08/26,	09/19-09/23,	10/17-10/21,
11/14-11/18,	12/12-12/16,	01/09-01/13,	02/06-02/10,
03/06-03/10,	04/03-04/07,	05/01-05/05,	04/29-06/02,
06/26-06/30			

Breakfast-Food Based Meal Pattern Menu Grade 9-12

Milk Choices		Flavor	White	Chocolate		
		Fat Content(s)	1%	Fat Free		
		Portion in fl. oz.	8 fl. oz.	8 fl. oz.		
BREAKFAST Components WEEK 4	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>MILK CHOICES (5)</b>		SAME	SAME	SAME	SAME	SAME
<b>FRUITS OR VEGETABLES</b> 1 Cup Daily	<b>Item</b>	100% Orange Juice	100% Grape Juice	100% Blended Juice	100% Orange Pineapple Juice	100% Apple Juice
	<i>Portion in cups</i>	(4 oz.) Pre-portioned	(½ c.) Pre-portioned	(½ c.) Whole Orange	(4 oz.) Pre-portioned	(4 oz.) Pre-portioned
	<b>Item</b>	Pineapple Cup	Applesauce Cup	Fresh Whole Orange	Mixed Fruit Cup	Pear Cup
	<i>Portion in cups</i>	(½ c.) Pre-portioned	(½ c.) Pre-portioned	(½ c.) Whole Orange	(½ c.) Pre-portioned	(½ c.) Pre-portioned
<b>WHOLE GRAINS &amp; MEAT/ MEAT ALTERNATES</b>	<b>Item</b>	Stone Ground Whole Wheat Bread	Maple Waffle Graham	2- Whole Grain Maple Pancakes	1 - Whole Wheat Bagel	Stone Ground Whole Wheat Bread
	<i>Portion size or oz.</i>	(1.05 oz.)	(1 oz.)	(2.8 oz.)	(2.5 oz.)	(1.05 oz.)
	<i>Contribution in oz. *</i>	(1 G/B)	(1 G/B)	(2.25 G/B)	(2.5 G/B)	(1 G/B)
	<b>Item</b>					
	<i>Portion in oz.</i>					
	<b>Item</b>	Cinnamon Toast Cereal	Toasty O's Cereal		Honey Nut Scooters	Frosted Flakes Reduced Sugar
	<i>Portion in oz.</i>	(1 oz.) (1G/B)	(1 oz.) (1G/B)		(1 oz.) (1G/B)	(1 oz.) (1G/B)
<b>OTHER</b>	<b>Item</b>	Jelly Pk.		Syrup	Cream Cheese	Jelly Pk.
	<i>Portion size or oz.</i>	.5 oz.		1 oz.	1 oz.	.5 oz.
	<i>Contribution in oz. *</i>					
	<b>Menu ID</b>	30674	30676	30678	30680	30682
SNACK Components WEEK 4	Menu Item Name & Info	DAY 1 MONDAY	DAY 2 TUESDAY	DAY 3 WEDNESDAY	DAY 4 THURSDAY	DAY 5 FRIDAY
<b>FRUITS</b>	<b>Item</b>	Mixed Fruit Cup			Applesauce Cup	Peach Cup
	<i>Portion in cups</i>	(½ c.) x2 Pre-portioned			(½ c.) x2 Pre-portioned	(½ c.) x2 Pre-portioned
<b>MEAT/MEAT ALTERNATES</b>	<b>Item</b>			Flavored Yogurt		
	<i>Portion size or oz.</i>			(4 oz.) cup		
<b>GRAIN/BREAD</b>	<b>Item</b>	Graham Crackers	Pretzels	Animal Crackers	Savory Herb Bites	
	<i>Portion in cups</i>	(1 oz.) 2 pkgs. (1 G/B)	(1 oz.) 1 pkg. (1 G/B)	(1 oz.) (1 G/B)	(1 oz.) 1 pkg. (1 G/B)	
<b>MILK</b>	<b>Item</b>		1% White Low Fat Milk			1% White Low Fat Milk
	<i>Portion in cups</i>		8 oz.			8 oz.
	<b>Menu ID</b>	30800	30802	30804	30806	30808

Menus prepared by: G.A. Foods      Menus approved by: \_\_\_\_\_