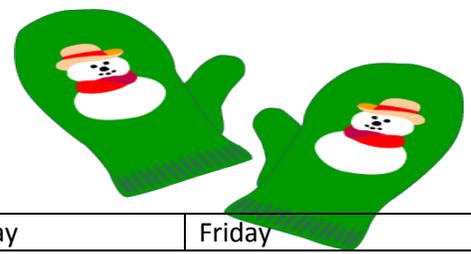




# Winter Cycle Menu 2016



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Weeks of January 9, February 6, March 6</b>				
Raisin bran, pear, milk	Boiled egg, crackers, apricot, milk	Kix, apple, milk	Quesadilla, ½ banana, milk	Breakfast burrito on a flour tortilla, orange, milk
Lentil stew w/potatoes, corn, oyster crackers, peaches, milk	Spaghetti w/ meat sauce, cauliflower, garlic bread, strawberries, milk	Green pepper w/ egg on whole grain bun, Italian blend veggies, fresh fruit, milk	Chicken taco on a flour tortilla, lettuce, tomatoes, salsa, Riviera veggies, sliced pineapple, milk	Meat loaf, mashed potatoes, diced carrots, whole grain dinner roll, kiwi, milk
½ grilled cheese sandwich, orange juice	Cucumbers, dip, milk	Rice pudding, graham crackers, milk	Jell-O w/ fruit, milk	Muffin, milk
<b>Weeks of January 16, February 13, March 13</b>				
Cheerios, fresh fruit, milk	Mexican pastries, honey dew, milk	Corn flakes, melon, milk	Pancake, syrup, diced peach, milk	Oatmeal, graham crackers, strawberries, milk
Fish sticks, tartar sauce, tossed salad, wheat bread, sliced apples, milk	Roasted chicken leg, broccoli, whole grain dinner roll, ½ banana, milk	Puerto Rican rice, grilled veggies, bread sticks, pears, milk	Hot dog on a whole grain bun, West veggies, apple, milk	Cheese & onion enchilada, lettuce, tomatoes, cucumber salad, mandarins, milk
Peaches, cottage cheese, crackers, milk	Fresh fruit salad, milk	Nachos w/cheese, apple juice	Granola bar, milk	Banana, milk
<b>Weeks of January 23, February 20, March 20</b>				
Rice krispies, ½ banana, milk	French toast sticks, cantaloupe, milk	Special k, fresh fruit, milk	English muffin w/ melted cheese, fresh fruit, milk	Croissant, cream cheese, jelly, kiwi, milk
Sloppy Joe on a whole grain bread, broccoli, orange wedge, milk	Mexican steak, w/ green pepper & onion, corn, corn tortilla, cantaloupe, milk	Meat Lasagna, Key Largo veggies, garlic bread, Tropical fruit, milk	Chicken pozole, cabbage, onion, tomatoes, lime, tortilla chips, peaches, milk	Gyros on a whole grain pita, cucumber sauce, green beans, ½ banana, milk
Assorted cookies, milk	Mini pizza, apple juice	Soup, crackers, water	Tossed salad, dressing, crackers, water	Pudding, graham crackers, milk
<b>Weeks of January 30, February 27, March 27</b>				
Kix, strawberries, milk	Bagel, cream cheese, mandarins, milk	Cheerios, peach, milk	Waffles, syrup, fresh fruit, milk	Scrambled eggs, tortilla, pear, milk
Macaroni and cheese, Riviera veggies, whole grain dinner roll, kiwi, milk	Chicken fajitas on a corn tortilla, peas, ½ banana, milk	Vegetarian chili, green beans, oyster crackers, sliced apples, milk	Shredded pork on a whole grain bun, spinach w/ corn, orange, milk	Bean tamales, tossed salad, sour cream, salsa, mandarins, milk
Goldfish crackers, orange juice	Bean taco, orange juice	Assorted fruit, milk	Cheese stick, grape juice	Pretzels, cheese, orange juice

No Child will be discriminated against because of sex, race, color, national origin, religion, or disability.

Mashed potatoes and juices must be Vitamin C fortified; tossed salads must include green peppers and tomatoes for credit.

All meal portions size must comply with USDA, a CACFP meal pattern requirement.

Fruit is subject to change due to seasonal availability.

Water is always available to children.

