

# Sample Supper Menu

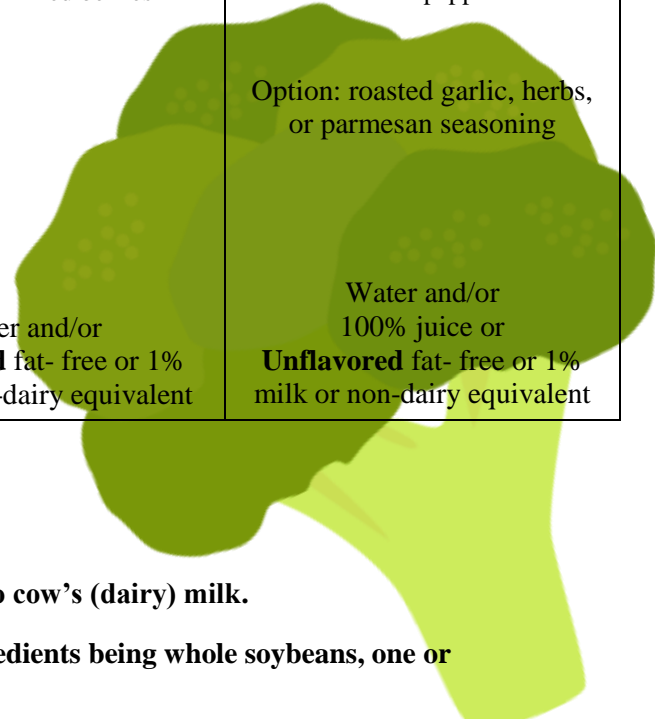
	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>HOT</b>	<p><b>Rainbow Mac ‘n’ Cheese with Baked Chicken</b></p> <ul style="list-style-type: none"> <li>• 2oz baked chicken</li> <li>• 2oz part-skim mozzarella cheese</li> <li>• 12oz. Elbow pasta</li> <li>• ¼ cup vegetable; spinach, red and yellow bell peppers</li> </ul> <p>Fresh apple or orange slices or fruit cup (in water)</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Cod Cakes with Cilantro Brown Rice</b></p> <ul style="list-style-type: none"> <li>• 1 oven baked cod cake</li> <li>• ½ cup cilantro brown rice</li> <li>• ½ cup romaine lettuce</li> <li>• ¼ diced tomatoes</li> <li>• ½ cup roasted bell peppers</li> </ul> <p>Side: Steamed green beans Option tartar sauce</p> <p>Fresh apple or orange slices or fruit cup (in water)</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Mediterranean Pita Sandwiches</b></p> <ul style="list-style-type: none"> <li>• 3 oz. grilled chicken</li> <li>• ¾ cup vegetables; tomato, lettuce, steamed, cucumber</li> <li>• 1oz. crumbled Feta cheese</li> <li>• Or 1tsp tzatziki sauce</li> </ul> <p>Fresh apple or orange slices or fruit cup (in water)</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Black Bean Tostadas</b></p> <ul style="list-style-type: none"> <li>• 1 6” corn tortilla</li> <li>• 1oz. stripped chicken</li> <li>• ½ cup black beans</li> <li>• ¼ cup chopped avocado</li> <li>• ¼ cup chopped tomato salsa</li> </ul> <p>Fresh apple or orange slices or fruit cup (in water)</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Sloppy ‘Joes’ and G.I. ‘Janes’ Tofu Sandwiches</b></p> <ul style="list-style-type: none"> <li>• 3oz mashed tofu</li> <li>• 1 whole wheat roll</li> <li>• 2tbsp minced green pepper</li> <li>• 1tbsp minced fresh garlic or 1/2 tsp garlic powder</li> <li>• 2tbsp minced onion</li> <li>• Ketchup, Dijon mustard, apple cider vinegar, soy sauce</li> </ul> <p>Side: ½ cup steamed green beans and ¼ cup grape tomatoes</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>
<b>Cold</b>	<p><b>Cranberry Turkey Cream-Cheese Sandwiches</b></p> <ul style="list-style-type: none"> <li>• 3 slices turkey breast</li> <li>• 1tbsp cranberry (crushed whole berries)</li> <li>• 2oz. low-fat cream cheese</li> <li>• 1 cup Fresh salad mix with grape tomatoes</li> </ul> <p>fresh fruit of the day</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Ham &amp; Cheese Sliders</b></p> <ul style="list-style-type: none"> <li>• 2 – 3 slices ham</li> <li>• 2oz. cheddar cheese</li> <li>• 2 mini rolls</li> </ul> <p>4oz. Carrot sticks &amp; fresh fruit of the day</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Turkey and Ham Wraps</b></p> <ul style="list-style-type: none"> <li>• 2 slices turkey</li> <li>• 2 slices ham</li> <li>• 1tbsp mayo</li> <li>• 1tbsp mustard</li> <li>• Lettuce</li> <li>• Shredded carrots</li> <li>• Tomato</li> <li>• Banana peppers</li> </ul> <p>fresh fruit of the day</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Thai Veggie Roll</b></p> <ul style="list-style-type: none"> <li>• 1 6” WG tortilla</li> <li>• 1cup mixed vegetables</li> <li>• 2tbsp peanut butter or soy nut butter*</li> </ul> <p>fresh fruit of the day</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>	<p><b>Caesar Salad Wrap</b></p> <ul style="list-style-type: none"> <li>• 1 6” spinach wrap</li> <li>• 4oz. chicken</li> <li>• Lettuce</li> <li>• Tomato</li> <li>• 1tbsp mayo</li> </ul> <p>1 cup fresh salad mix</p> <p>fresh fruit of the day</p> <p><b>Unflavored fat-free or 1% milk or non-dairy equivalent</b></p>

\*Providers should note nut and seed allergies.

\*\*Serving sizes should comply with children’s energy needs.

# SAMPLE SNACK MENU

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<p><b>Peanut Butter and Banana Fruit ‘Roll-ups’</b></p> <ul style="list-style-type: none"> <li>• ½ 6” Whole grain tortilla</li> <li>• ½ cup sliced banana</li> <li>• 2tbsp peanut butter or soynut butter*</li> </ul> <p style="text-align: center;">Water and/or <b>Unflavored</b> fat- free or 1% milk or non-dairy equivalent</p>	<p><b>Spinach Feta ‘pancakes’</b></p> <ul style="list-style-type: none"> <li>• ¼ cup crumbled feta cheese</li> <li>• ½ cup spinach</li> </ul> <p style="text-align: center;">1 cup mixed fresh fruit; grapes, pineapples, honeydew</p> <p style="text-align: center;">Water and/or <b>Unflavored</b> fat- free or 1% milk or non-dairy equivalent</p>	<p><b>Chickpea Sandwich</b></p> <p>2 slices whole grain bread (Option: toasted)</p> <p style="text-align: center;"><b>Hummus</b></p> <ul style="list-style-type: none"> <li>• 2 cans chickpeas</li> <li>• Garlic</li> <li>• Olive oil</li> </ul> <p style="text-align: center;"><b>Meat alt: ½ cup*</b></p> <p>½ cup julienne carrots or bell peppers and cucumber slices</p> <p style="text-align: center;">Water and/or <b>Unflavored</b> fat- free or 1% milk or non-dairy equivalent</p>	<p><b>‘Soy’ Yogurt Parfait</b></p> <ul style="list-style-type: none"> <li>• ½ cup low fat plain dairy or soy yogurt</li> <li>• 1tsp granola</li> <li>• ¼ cup mixed berries</li> </ul> <p style="text-align: center;">Water and/or <b>Unflavored</b> fat- free or 1% milk or non-dairy equivalent</p>	<p><b>Roasted Chickpeas</b></p> <ul style="list-style-type: none"> <li>• 1 can cooked chickpeas (240g drained weight)</li> <li>• 1.5 tbsp olive oil</li> <li>• 1 tsp garlic, crushed</li> <li>• ½ tsp dried oregano</li> <li>• 2 tbsp parmesan, grated</li> <li>• salt and pepper to taste</li> </ul> <p style="text-align: center;">Option: roasted garlic, herbs, or parmesan seasoning</p> <p style="text-align: center;">Water and/or 100% juice or <b>Unflavored</b> fat- free or 1% milk or non-dairy equivalent</p>



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**\*\*Serving sizes should comply with children’s energy needs.**

**Best practices: Soy milk provides a nutritional equivalent amount of protein and fat comparable to cow’s (dairy) milk.**

**Tofu is allowed but should be commercially prepared and be a soybean derived with the basic ingredients being whole soybeans, one or more food-grade coagulants, and water.**