

Governors State Fall 4 Week Cycle Menu

Week 1 Date _____

Requirements 1-2 years	3-5 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9-9:30 F/V – (¼ c.) G/B – (½ slice, ¼ c) M/MA – (½ oz) Milk - (½ c)	Breakfast 9-9:30 F/V – 1/2c G/B – ½ sl M/MA – ½ oz Milk - 3/4c	Grape Juice w/C Cinnamon Toast Yogurt Whole or 1% or skim Milk	Orange Juice Apple-Cinn Muffin LF Cheese Whole or 1% or skim Milk	Tomato Juice WW Toast Scrambled Egg Whole or 1% or skim m Milk	Apple Juice Biscuit Turkey Sausage Whole or 1% or skim Milk	Orange Juice WW Toast Turkey Ham Whole or 1% or skim Milk
Lunch 11-12 2 F/V – (¼ c.) G/B – (½ slice) M/MA – (1 oz) Milk - (½ c)	Lunch 11-12 2 F/V – 1c total G/B – ¼ to ½ c M/MA – 1 ½ oz Milk - 3/4c	Creamed Chicken Noodles Green Beans Carrots Diced Pears Whole or 1% or skim Milk	Sliced Turkey Sweet Tater Tots Green Peas Fresh Banana WW Roll Whole or 1% or skim Milk	Minestrone ½ Sl.Cheese Toast Tossed Salad Mandarin Oranges Whole or 1% or skim Milk	Meat Loaf Mashed Potatoes Steamed Broccoli WW Bread Gr/Red Grape Halves Whole or 1% or skim Milk	Chicken Taco Shrd. Lettuce/Salsa Black Beans Applesauce Soft WG Tortilla Whole or 1% or skim Milk
PM Snack F/V – 2 x wk (½ c.) G/B – 2 x wk (½ slice) M/MA – 2 x wk (½ oz) Milk - 2 x wk (½ c)	PM Snack F/V – 2 x wk G/B – 2 x wk M/MA – 2 x wk Milk - 2 x wk	Pineapple LF Cottage Cheese	Graham Crackers Whole or 1% or skim Milk	Apple Slices WW Crackers	Cucumbers/Dip HB Egg	Soft Granola Bar Whole or 1% or skim Milk

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Week 2 Date _____

Requirements 1-2 years	3-5 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9-9:30 F/V – (¼ c.) G/B – (½ slice, ¼ c) M/MA – (½ oz) Milk - (½ c)	Breakfast 9-9:30 F/V – ½ c G/B – ½ sl M/MA – ½ oz Milk - ¾c	Orange Juice Cinnamon Toast HB Egg Whole or 1% or skim Milk	Fresh Banana WW French Toast (egg in Fr. Toast) Whole or 1% or skim Milk	Pink Grapefruit Juice Banana Bread LF Cheese Whole or 1% or skim Milk	Diced Pears Rice chex Turkey Sausage Whole or 1% or skim Milk	Pineapple WG Pancake Yogurt Whole or 1% or skim Milk
Lunch 11-12 2 F/V – (¼ c.) G/B – (½ slice) M/MA – (1 oz) Milk - (½ c)	Lunch 11-12 2 F/V – 1 c total G/B – ¼ to ½ c M/MA – 1 ½ oz Milk – ¾c	Sweet&Sour Chicken Brown Rice Pineapple/Peppers & Tomatoes (in SS Chix) Green beans Whole or 1% or skim Milk	Vegetarian Chili D-26 Fresh Spinach Salad Corn Bread Applesauce Whole or 1% or skim Milk	Sloppy Joe Sandwich Baked Beans Steamed Carrots WG Bun Fruit Salad Whole or 1% or skim Milk	Pizza Roasted Potatoes Steamed Broccoli Orange Wedges Whole or 1% or skim Milk	Baked Chicken Baked Sweet Potatoes and Apples Creamed Corn Stuffing Pears Whole or 1% or skim Milk
PM Snack F/V – 2 x wk (½ c.) G/B – 2 x wk (½ slice) M/MA – 2 x wk (½ oz) Milk - 2 x wk (½ c)	PM Snack F/V – 2 x wk G/B – 2 x wk M/MA – 2 x wk Milk - 2 x wk	Pears LF Cheddar Cheese	Red &Green Peppers Whole or 1% or skim Milk	Hummus WW Pita Wedges	Apple Slices Whole or 1% or skim Milk	WW Crackers Cottage Cheese

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Week 3 Date _____

Requirements 1-2 years	3-5 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9-9:30 F/V – (¼ c.) G/B – (½ slice, ¼ c) M/MA – (½ oz) Milk - (½ c)	Breakfast 9-9:30 F/V – ½ c G/B – ½ sl M/MA – ½ oz Milk -3/4 c	Warm Cinnamon Apples Cheerios Yogurt Whole or 1% or skim Milk	Orange Juice Carrot Bread LF Cheese Whole or 1% or skim Milk	Apple Juice WW Toast Veggie Omelet Whole or 1% or skim Milk	Peaches WG Bagel Turkey Ham Whole or 1% or skim Milk	Grape Juice w/C WG Waffle Cheese Cubes Whole or 1% or skim Milk
Lunch 11-12 2 F/V – (¼ c.) G/B – (½ slice) M/MA – (1 oz) Milk - (½ c)	Lunch 11-12 2 F/V – 1 c total G/B – ¼ to ½ c M/MA – 1 ½ oz Milk – 3/4 c	Pizza Baked Fr. Fries Peas Orange Smiles Whole or 1% or skim Milk	Macaroni and Cheese Steamed Spinach Diced Pineapple Whole or 1% or skim Milk	Chicken Patty Baked Beans Apple Zucchini Slaw WG Bun Whole or 1% or skim Milk	Stir Fry Beef Brown Rice Carrots/Broccoli (in Stir Fry) Cinn. Applesauce Whole or 1% or skim Milk	Pasta Casserole w/ Meat Sauce Green Beans Diced Pears Whole or 1% or skim Milk
PM Snack F/V – 2 x wk (½ c.) G/B – 2 x wk (½ slice) M/MA – 2 x wk (½ oz) Milk - 2 x wk (½ c)	PM Snack F/V – 2 x wk G/B – 2 x wk M/MA – 2 x wk Milk - 2 x wk	Soft Granola Bar Whole or 1% or skim Milk	WW Crackers Whole or 1% or skim Milk	Pita Chips Hummus	Apple Slices Cheddar Cheese cubes	Yogurt and Bananas Dip Orange Wedges

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Week 4 Date _____

Requirements 1-2 years	3-5 years	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 9-9:30 F/V – (¼ c.) G/B – (½ slice, ¼ c) M/MA – (½ oz) Milk - (½ c)	Breakfast 9-9:30 F/V – ½ c G/B – ½ sl M/MA – ½ oz Milk – ¾ c	Grape Juice w/C Biscuit Turkey Ham Whole or 1% or skim Milk	Orange Juice French Toast Egg (in Fr Toast) Whole or 1% or skim Milk	Fresh Banana Waffle Cheese Cubes Whole or 1% or skim Milk	Orange Juice Cinnamon Toast Yogurt Whole or 1% or skim Milk	Pineapple Juice Cheerios Mozz Cheese Cubes Whole or 1% or skim Milk
Lunch 11-12 2 F/V – (¼ c.) G/B – (½ slice) M/MA – (1 oz) Milk - (½ c)	Lunch 11-12 2 F/V – 1 c total G/B – ¼ to ½ c M/MA – 1 ½ oz Milk - ¾ c	Toasted Cheese Sandwich Thick Vegetable Soup Applesauce Whole or 1% or skim Milk	Hamburger Sweet Potato Fries Steamed Cauliflower WW Bun Sl. Peaches Whole or 1% or skim Milk	Lentil Soup with Turkey Ham WW Crackers Carrots/Potatoes (in soup) Fruit Salad Whole or 1% or skim Milk	Chicken Nuggets Potato Wedges Green Beans WW Roll Orange Smiles Whole or 1% or skim Milk	Braised Beef Noodles Carrots Cucumbers/Tomatoes Diced Pears Whole or 1% or skim Milk
PM Snack F/V – 2 x wk (½ c.) G/B – 2 x wk (½ slice) M/MA – 2 x wk (½ oz) Milk - 2 x wk (½ c)	PM Snack F/V – 2 x wk G/B – 2 x wk M/MA – 2 x wk Milk - 2 x wk	Fruit Salad Whole or 1% or skim Milk	Apple and peach Fruity Dip Cinnamon Pita Chips	Pineapple Cottage Cheese	Sliced Turkey Soft Tortilla Wrap	Soft Pretzel Whole or 1% or skim Milk