

WEEKLY MENU RECORD

Name of Center/Sponsor	HLC Montessori School		Month January		Week 7-11		Year 2019	
Menu Item	Menu		Menu		Menu		Menu	
Breakfast	Monday Date 1-7	Tuesday Date 1-8	Wednesday Date 1-9	Thursday Date 1-10	Friday Date 1-11			
Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk			
Fruit/Veg./Juice	Canned Pineapples	Canned Pears	Canned Mand. Oranges	Canned Applesauce	Canned Pears			
Bread/Grains	WGR Boxed Cereal	Frozen Hashbrowns	Canned Biscuits/Gravy	Frozen French Toast Sticks	WGR Boxed Cereal			
<i>(Must serve 3 components)</i>								
A.M. Supplement								
Milk								
Meat/Meat Alternate								
Fruit/Veg./Juice								
Bread/Grains								
<i>(Must serve 2 components)</i>								
Lunch								
Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk			
Meat/Meat Alternate	Sliced Turkey/Cheese	Frozen Meatloaf/Gravy	Frozen Diced Chicken/HM Soup	Frozen Chicken Patties	HM Sloppy Joes/Fresh Ground Beef			
Fruit/Veg.	Frozen Tater Tots	Canned Diced Potatoes	Canned Peas	Canned Green Beans	Canned Corn			
Fruit/Veg.	Canned Peaches	Canned Tropical Fruit	Canned Peaches	Canned Pineapples	Canned Peaches			
Bread/Grains	WGR Sliced Bread	WGR Sliced Bread	Crackers/Noodles	WGR Sliced Bread	Buns			
<i>(Must serve 5 items)</i>								
P.M. Supplement								
Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk		Whole, Fat Free, 1% Milk			
Meat/Meat Alternate								
Fruit/Veg./Juice			String Cheese	Apple Juice	Canned Salsa/Cheese			
Bread/Grains	Chex Mix	Graham Crackers	WGR Triscuits	Goldfish	Tortilla Chips			
<i>(Must serve 2 components)</i>								
Supper								
Milk								
Meat/Meat Alternate								
Fruit/Veg.								
Fruit/Veg.								
Bread/Grains								
<i>(Must serve 5 items)</i>								

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