

WEEKLY MENU RECORD

Name of Center/Sponsor	HLC Montessori School	Month	January	Week	21-25	Year	2019
Menu Item	Menu	Menu	Menu	Menu	Menu	Menu	Menu
Breakfast	Monday Date 1-21	Tuesday Date 1-22	Wednesday Date 1-23	Thursday Date 1-24	Friday Date 1-25		
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	Whole, Fat Free, 1% Milk	
Fruit/Veg./Juice	Canned Pineapples	Canned Pears	Canned Mand. Oranges	Fresh Apple Slices	Canned Pears		
Bread/Grains	WGR Boxed Cereal	Frozen Sausage Biscuits	WGR Boxed Cereal	Frozen French Toast Sticks	Frozen Pancakes		
<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	Whole, Fat Free, 1% Milk	
Meat/Meat Alternate	Frozen Pizza	Frozen Meatloaf	Frozen Chicken/Ranch Taco	HM Hamburger Helper w/cheese	Sliced Turkey/Cheese		
Fruit/Veg.	Canned Corn	Canned Diced Potatoes	Fresh Garden Salad	Canned Green Beans	Frozen Tater Tots		
Fruit/Veg.	Canned Peaches	Canned Pineapples	Canned Mad. Oranges	Canned Pineapples	Canned Peaches		
Bread/Grains	Pizza Crust	WGR Sliced Bread	Tortilla	WGR Sliced Bread/Noodles	WGR Sliced Bread		
<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	Whole, Fat Free, 1% Milk	Whole, Fat Free, 1% Milk	
Meat/Meat Alternate			Yogurt				
Fruit/Veg./Juice			Fresh Apple Slices	Carrots w/Ranch	Cheese		
Bread/Grains	Chex Mix	Goldfish		Crackers	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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