

# GROWING CONCERN MENU PLAN

## MAIN MENU

### WEEK 4

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MID MORNING SNACK	FOOD	Oatmeal (infants)	Toast	Toasted Bagel	Mystery Muffin	Waffles
		•brown sugar•raisins	with Jam/Butter	with Cinnamon		with Syrup
		Rice Krispees				
		with Milk				
	BEVERAGE	MILK	MILK	MILK	MILK	MILK
LUNCH	MAIN DISH	Veg/Beef BarleySoup	Healthy Bake	Macaroni	Chicken Stew	Chili
			Fish	and Cheese		
	MEAT/ALT.	Beef		with	Chicken	Ground Beef
	COOKED VEG.	Mixed	Peas	Broccoli	Mixed	Mixed
	RAW VEG.		Baked Fries	(on side)		
	OTHER VEG/FRUIT	Soda Crackers			Potato	Garlic Bread
	BREAD	Cheese Muffin	Brown	Brown	Brown	
	BEVERAGE	MILK	MILK	MILK	MILK	MILK
	OTHER	Fresh Fruit	Fresh Fruit	Apple Sauce	Fresh Fruit	Fresh Fruit
MID AFTERNOON SNACK						
	FOOD	Arrowroot Cookie	Graham Crackers	Ritz Cracker	Crackers	Homemade
		Fresh Fruit	Fresh Fruit	Kielbasa Chunks	with Cheese	Cookie
				Fresh Fruit	Fresh Fruit	Fresh Fruit
	BEVERAGE	JUICE	WATER	JUICE	WATER	JUICE

\*\*Fresh fruit includes apples, pears, bananas and oranges

Effective Dates:    October 17-21    November 14-18    December 12-16    January 9-13    February 6-10  
                                  March 5-9                    April 2-6                    April 30 - May 4    May 28 - June 1

**Please note cooked vegetables will be served for the infants.**