

Week 1: July 1 - 5 & August 26-30 & October 21-25

| Week 1   | Monday   | Tuesday  | Wednesday                                     | Thursday   | Friday   |
|--|--|--|---|--|--|
| <b>Morning Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i>   | Whole Grain Cereal<br><br>Fruit<br><br>Milk    | Whole Grain<br>Oatmeal with<br>Berries<br><br>Milk | Muffins<br><br>Fruit<br><br>Milk              | Whole Wheat<br>Pancakes<br><br>Fruit Compote<br><br>Milk | Greek Yogurt with<br>Lentil Granola<br><br>Fruit<br><br>Milk |
| <b>Lunch</b><br><i>1 kind of vegetable and 1<br/>                     kind of fruit <u>or</u> 2 kinds of<br/>                     vegetables, 1 grain and 1<br/>                     protein</i>         | Homemade Pizza<br><br>Tossed Salad<br><br>Milk | Pulled Pork Buns<br><br>Coleslaw<br><br>Milk       | Goulash<br><br>Milk                           | Chicken Salad<br>Sandwich<br><br>Fruit<br><br>Milk       | Egg Salad<br>Sandwich<br><br>Fresh Veggies<br><br>Milk       |
| <b>Afternoon Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i> | Apple Pie Snack<br><br>Water                   | Trail Mix<br><br>Fruit<br><br>Water                | Cheese & Whole<br>grain crackers<br><br>Water | Rice Cakes<br><br>Fruit<br><br>Water                     | Cinnamon Apple<br>Wraps<br><br>Water                         |

- *MDC provides a variety of fruit when it appears on the menu. The fruit served on a particular day will change per day/week. We serve the following either fresh or frozen: Apples, Bananas, Oranges, Grapes, Watermelon, Cantaloup, Honey Dew, Blueberries, Cherries, Nectarines, Peaches, Pears, Raspberries, Blackberries, Mango, Pineapple, Kiwi, etc.*
- *All muffin recipes are in a rotation and left up to the cook's discretion each week. All approved muffin recipes can be found at the back of the recipe binder.*
- *All sugar in any given recipe will be replaced with an alternative like apple sauce, honey, or maple syrup where possible.*

Week 2: July 8-12 & September 2-6 & October 28-November 1

| Week 2   | Monday                                    | Tuesday  | Wednesday   | Thursday  | Friday   |
|--|---|--|---|---|--|
| <b>Morning Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i>   | Smoothie Bowls<br><br>Milk                | Vegetable Egg<br>Muffins<br><br>Milk                           | Whole Grain Cereal<br><br>Fruit<br><br>Milk               | Baked Apple<br>Cinnamon Oatmeal<br><br>Milk                   | Apple Sauce<br><br>Homemade<br>Granola<br><br>Milk |
| <b>Lunch</b><br><i>1 kind of vegetable and 1<br/>                     kind of fruit <u>or</u> 2 kinds of<br/>                     vegetables, 1 grain and 1<br/>                     protein</i>         | Hamburger Potato<br>Casserole<br><br>Milk | Roast with Mashed<br>Potatoes<br><br>Mixed Veggies<br><br>Milk | Grilled Cheese<br><br>Homemade Tomato<br>Soup<br><br>Milk | Chicken Broccoli<br>Casserole<br><br>Tossed Salad<br><br>Milk | Lasagna<br><br>Caesar Salad<br><br>Milk            |
| <b>Afternoon Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i> | Muffins<br><br>Fruit<br><br>Water         | Frozen Yogurt<br><br>Fruit<br><br>Water                        | Vegetable<br><br>Homemade<br>Hummus<br><br>Water          | Greek Yogurt<br><br>Fruit<br><br>Milk                         | Banana Loaf<br><br>Fruit<br><br>Water              |

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### Week 3: July 15-19 & September 9-13

| Week 3   | Monday                                   | Tuesday  | Wednesday   | Thursday   | Friday  |
|--|--|--|---|--|---|
| <b>Morning Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i>   | Cereal<br><br>Fruit<br><br>Milk          | Cottage Cheese<br><br>Fruit<br><br>Milk                  | Muffins<br><br>Fruit<br><br>Milk                        | Baked French<br>Toast<br><br>Fruit<br><br>Milk     | Scrambled Eggs<br><br>Toast<br><br>Milk                 |
| <b>Lunch</b><br><i>1 kind of vegetable and 1<br/>                     kind of fruit <u>or</u> 2 kinds of<br/>                     vegetables, 1 grain and 1<br/>                     protein</i>         | Chop Suey<br><br>Rice<br><br>Milk        | Tuna Casserole<br><br>Mixed Vegetables<br><br>Milk       | Egg Fried Rice<br><br>Steamed<br>Vegetables<br><br>Milk | Lazy Cabbage<br>Rolls<br><br>Milk                  | Chicken Caesar<br>Salad<br><br>Garlic Toast<br><br>Milk |
| <b>Afternoon Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i> | Trail Mix<br><br>Vegetables<br><br>Water | Homemade Fruit<br>Crisp<br><br>Greek Yogurt<br><br>Water | Fruit Smoothies<br><br>Lentil Granola Bars<br><br>Water | Cheese<br><br>Whole Wheat<br>Crackers<br><br>Water | Sweet Potato<br>Brownies<br><br>Fruit<br><br>Water      |

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Week 4: July 22-26 & September 16-20

| Week 4   | Monday   | Tuesday  | Wednesday                           | Thursday   | Friday  |
|--|--|--|-------------------------------------|--|---|
| <b>Morning Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i>   | Yogurt<br><br>Fruit<br><br>Milk                        | Whole Grain<br>Oatmeal with<br>Berries<br><br>Milk | Muffins<br><br>Fruit<br><br>Milk    | Whole Wheat<br>Crepes<br><br>Lentil Chocolate<br>Spread, Bananas<br><br>Milk | Whole Grain Cereal<br><br>Fruit<br><br>Milk           |
| <b>Lunch</b><br><i>1 kind of vegetable and 1<br/>                     kind of fruit <u>or</u> 2 kinds of<br/>                     vegetables, 1 grain and 1<br/>                     protein</i>         | Spaghetti<br>Bolognese<br><br>Caesar Salad<br><br>Milk | Minestrone Soup<br><br>Cheese Biscuit<br><br>Milk  | Chicken Shepards<br>Pie<br><br>Milk | Toasted Tuna<br>Sandwich<br><br>Cucumber Salad<br><br>Milk                   | Homemade<br>Hamburgers<br><br>Pasta Salad<br><br>Milk |
| <b>Afternoon Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i> | Frozen Yogurt Fruit<br>Bark<br><br>Water               | Whole Grain<br>Crackers<br><br>Cheese<br><br>Water | Apple Pie Snack<br><br>Water        | Homemade<br>Spinach Dip<br><br>Baked Pita Chips<br><br>Water                 | Pumpkin Seed Loaf<br><br>Fruit<br><br>Water           |

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Week 5: July 29-August 2 & September 23-27

| Week 5   | Monday   | Tuesday  | Wednesday  | Thursday  | Friday  |
|--|--|--|--|---|---|
| <b>Morning Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i>   | Apple Sauce<br><br>Granola<br><br>Milk                                       | Whole Grain Cereal<br><br>Fruit<br><br>Milk  | Toast with<br>Wowbutter<br><br>Fruit<br><br>Milk                           | Sheet Pan Berry<br>Pancakes<br><br>Milk                       | Yogurt<br><br>Fruit<br><br>Milk   |
| <b>Lunch</b><br><i>1 kind of vegetable and 1<br/>                     kind of fruit <u>or</u> 2 kinds of<br/>                     vegetables, 1 grain and 1<br/>                     protein</i>         | Creamy Potato<br>Broccoli Soup<br><br>Grilled Cheese<br>Sandwich<br><br>Milk | Roast Chicken<br>Legs/Thighs<br><br>Mashed Potatoes<br><br>Steamed Veggies<br><br>Milk | Crustless Egg and<br>Vegetable Quiche<br><br>Whole Wheat Toast<br><br>Milk | Chicken Vegetable<br>Stir Fry<br><br>Rice Noodles<br><br>Milk | Swedish Meatballs<br><br>Pasta<br><br>Steamed<br>Vegetables<br><br>Milk |
| <b>Afternoon Snack</b><br><i>1 veg. &amp; 1 grain <u>or</u> 1 fruit<br/>                     and 1 grain <u>or</u> 1 veg. &amp; 1<br/>                     protein <u>or</u> 1 fruit &amp; 1 protein</i> | Pita<br><br>Hummus & Veggies<br><br>Water                                    | Oatmeal Cookies<br><br>Fruit<br><br>Water  | Whole Wheat<br>Crackers<br><br>Cheese<br><br>Water                         | Trail Mix<br><br>Veggies<br><br>Water                         | Muffins<br><br>Fruit<br><br>Water                                       |

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