

4 week cycling menu WSU CDC Summer 2019

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - BREAD (iron)	Whole Wht English Muffin 1 each Grape Jam 1 oz.	Whole Grain Corn Chex 1 cup	Whole Wheat Bagel 1 each Cream Cheese 1 oz.	Whole Grain Pancakes 1 each Pancake Syrup 1 oz.	Whole Wheat Biscuit and Turkey Sausage Gravy 4 oz.
	Turkey Sausage Link 1 oz.	Turkey Bacon 2 Each	Scrambled Eggs oz. 2	Turkey Sausage Patty 1 each	Scrambled Eggs 1 oz.
FRUIT/VEGETABLE	Peach Slices in Natural Juice 4 oz.	Bananna 1 Each	Applesauce 4 oz.	Fresh Grapes oz. 4	Mandarian Oranges 4 oz.
Vegetarian					Whole Wheat Biscuit and Gravy 4 oz.
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
LUNCH - MEAT	Whole Wheat Spaghetti and Meat Sauce 4 oz. Whole Wheat Roll 1 each	Whole Wheat Turkey and Cheese Sandwich 1 each Mayo 1 oz.	Chicken Patty on A Whole Wheat Bun oz. 4 American Cheese 1 Slice	Salisbury Steak 2 oz. Mashed Potatoes and Brown Gravy 2 oz.	Cheese Pizza On Whole Grain Crust 1 each
	Steamed Peas 4 oz.	Hard Boiled Egg 1 ea	Glazed Carrots 4 oz.	Whole Wheat Dinnner Roll 1164060 each 1	Garden Salad 4 ounce Dressing oz. 1
FRUIT/VEGETABLE	Fresh Fruit Salad 4 oz.	Fresh Pinapple 4 oz. Diced Carrots 4 oz.	Pears in Natural Juices 4 oz. Hash Brown Patty 1 each	Fresh Watermelon 4 ounce Green Beans 2 oz.	Fresh Honeydew 4 ounce Low Fat Cottage Cheese 2 oz.
Vegetarian	Whole Grain Spaghetti and Veggie Crumble with Sauce 4 oz. Use Veg Patty recipe	Whole Wheat Cheese Sandwich 1 each Fat Free Cottage Cheese 2 oz. Mayo 1 oz.	Garden Burger on Whole Wheat Bun 4 oz. American Cheese 1 Slice	Veggie Patty 2 1/2 oz	
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
WEEK ONE SNACK	Fresh Sliced Strawberries 4 oz. Fat Free Vanilla Yogurt 2 oz. Ice Water, 8 oz.	Mandarian Oranges 4 oz. Fat Free Cottage Cheese 2 oz. Ice Water, 8 oz.	Hummus (No Tahini) 2 Ounces White Pita Bread Half 2 ounces Ice Water, 8 oz	Carrots and Celery Sticks 2 each Creamy Ranch 2 Ounces Steamed Carrots Toddlers 2 oz Milk 8 oz	Cubed Cheddar Cheese 2 oz Whole Wheat Goldfish .75 oz Iced Water 8 oz

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WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - BREAD (iron)	Turkey Sausage, Egg and Cheese Burrito on Whole Wheat Torilla 1 each Shredded Hash Browns 4 oz	Whole Grain Pancake 4 oz Pancake Syrup 1 oz. Turkey Sausage Link 1 each	Whole Wheat English Muffin 1 each Strawberry Jam 1 oz. Scrambled Eggs 1 oz.	French Toast on Whole Wheat 1 each Pancake Syrup 1 oz Scrambled Eggs 1 oz	Whole Grain Cheerios 2 oz. Fat Free Vanilla Greek Yogurt 2 oz.
FRUIT/VEGETABLE	Applesauce 4 oz.	Fresh Cubed Pineapple 4 oz.	Sliced Peaches in Natural Juice 4 oz.	Banana 1 each	Fresh Blueberries 4 oz.
Vegetarian	Scrambled Eggs 1 oz.				
	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc
LUNCH - MEAT	Beef Nachos Whole Grain Torilla Chips 3 oz. Refried Beans 1 oz. Shredded Cheese 1 oz. Fresh Tomato Salsa 1 oz.	Whole Grain Chicken Nuggets 3 oz. Sweet and Sour Sauce 1 oz.	Grilled Chicken Breast 4 oz. Seasoned Brown Rice Pilaf 4oz	BBQ Chicken Whole Grain Bun 3 oz.	Meatball Sub 3 oz. Whole Wheat Sub Roll 1 each
	Shredded Lettuce 1 oz. Creamed Style Corn 4 oz		Whole Wheat Roll 1 each	Baby Carrots with Ranch 4 oz. Steamed Carrots for Toddlers	Red and Green Pepper Strips 4 oz.
FRUIT/VEGETABLE	Fresh Sliced Strawberries 4 oz. Toddlers (Soft Shells)	Red Seedless Grapes 4 oz. Peas and Carrots 4 oz.	Fresh Broccoli 4 oz. Apples Slices (Applesauce for Toddlers) 4 oz	Fresh Cubed Cantaloupe 4 oz.	Steamed Broccoli for Toddlers 4 oz. Fresh Fruit Cup 4 oz.
Vegetarian	Refried Bean Nachos Whole Grain Torilla Chips 3 oz	Grilled Tofu with Whole Wheat Penne 2 oz.	Twisted Garden Mac and Cheese 2 oz.	BBQ Garden Burger 2 1/2 oz.	Veggie Crumble Sub 3 oz.
	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc
WEEK TWO SNACK	Egg Salad 2 oz Whole Grain Cheez It .75 oz Milk, 1%	Cubed Fresh Cantaloupe 4 oz. Fat Free Cottage Cheese 2 oz Ice Water, 8 oz.	Refried Beans 2 oz Baked Pita 4 each Ice Water, 8oz.	Cubed Cheddar Cheese 2 oz. Whole Wheat Goldfish 1 oz Water 4floc	Fresh Cubed Watermelon 2 oz. Whole Grain Cheeze It 1 oz. Ice Water, 8floc

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WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - BREAD (iron)	Egg Patty and Whole Grain English Muffin 1 each Turkey Bacon Slice 2 oz	Scrambled Eggs 2 Ounce American Cheese Slice 1 each Whole Wheat Bread 1 each	Hash Browns 2 ounce Scrambled Eggs 2 Ounce Whole Wheat bagel 1 Each Ketchup 1 ounce	Cheese and Egg Cassarole 3 ounces Whole Wheat Bread 1 each Turkey Sausage Link 1 each	Whole Grain Biscuit with Grape Jelly 1 each Turkey Bacon 2 each
FRUIT/VEGETABLE	Banana 1 each	Applesauce 4 oz.	Fresh Fruit Cup 4 oz.	Mandarin Oranges 4 oz.	Fresh Cubed Cantaloupe 4 oz.
Vegetarian					
	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc
LUNCH - MEAT	Cheeseburger on a Whole Wheat Bun 1 each	Cheese Ravioli in Marinara Sauce 4 oz. Hard Boiled Egg 2ea	Beef Tacos with Whole Grain Torilla 4 oz Refried Beans 1 oz. Shredded Cheese 1 oz. Fresh Tomato Salsa 1 oz.	Chicken Pasta Bowl with Whole Wheat Penne 3 oz Low Fat Cottage Cheese 2 oz.	Chicken Alfredo Pizza with Whole Grain Crust 3 oz.
	Baked French Fries 4 oz Ketchup 1 oz	Fresh Garden Salad 4 oz Ranch Dressing 1 oz.	Steamed Peas and Carrots 4 oz	Green Beans 4oz	Cucumbers and Carrots with Ranch 4oz. Steamed Carrots (toddlers) 4 oz.
FRUIT/VEGETABLE	Fresh Cubed Honeydew 4 oz. Corn 4oz.	Fresh Green Peas (Toddlers) 4 oz. Red Seedless Grapes 4 oz.	Watermelon Cubed Fresh 4 oz.	Bannana 1 each	Fresh Pineapple 4 oz.
Vegetarian	Veggie Burger on a Whole Wheat Bun 4 oz.		Three Bean Taco with Whole Grain Torilla 4 oz.	Cheesy Pasta Bowl with Whole Grain Bow Tie Pasta 1 each	Cheese Pizza 3 oz Low Fat Cottage Cheese 2oz
	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc	Milk 1%, 8floc
WEEK THREE SNACK	Sliced Strawberries 4 oz. Fat Free Vanilla Yogurt 2 oz. Ice Water, 8 oz.	Turkey and Cheese Wrap Ice Water, 8floc	Provolone Cheese 2 oz. Red Seedless Grapes 2 oz. Ice Water, 8 oz.	Fat Free Vanilla Yogurt 4 oz. Oats and Honey Granola 2 oz. Ice Water, 8 oz.	Egg Salad oz. Whole Grain Cheez It .75 oz. Ice Water, 8floc

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WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST - BREAD (iron)	Honey Wheat English Muffin 1 each	Turkey Sausage, Egg and Cheese Burrito on Wheat Tortilla 4 oz	Scambled Eggs with Cheese 4 oz.	Whole Grain Corn Chex 4 oz.	French Whole Grain Toast 1 slice
	Scrambled Eggs with Cheese 2 oz.	Hash Browns 3 oz.	Honey Wheat English Muffin 1 each	Fat Free Vanilla Yogurt 2 oz.	Pancake Syrup 1 ounce Turkey Sausage Links 2 each Banana 1each
FRUIT/VEGETABLE	Fresh Blueberries 4 oz.	Cubed Cantalope 4 oz.	Applesauce 4 oz.	Red Seedles Grapes 4 oz.	Banana 1each
Vegetarian		Egg and Cheese Burrito 4 oz.			
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
LUNCH - MEAT	Bean and Cheese Enchiladas 3 oz.	Cheesy Chicken, Broccoli and Rice Casserole 3 oz. Whole Wheat Dinner Roll 1 each Green Peas 4 oz.	Cheese Quesdilla 2 oz. Refried Beans 2 oz. Fresh Tomato Salsa 1 oz.	Lasagna Cassarole 3 oz. Whole Grain Dinner Roll w/garlic parm topping 1 each Green Peas (Toddlers) 4 ounce	Grilled Cheese and Turkey on Whole Wheat 1 each Fat Free Cottage Cheese 2 oz. Whole Kernel Corn 4 oz
FRUIT/VEGETABLE	Cubed Watermelon 4 oz. Itallian Green Beans 4 oz.	Mixed Fruit in Natural Juices 4 oz.	Banana 1 each Sweet Potato Fries 4 oz. Ketchup 4 oz.	Green Salad with Ranch 4 ounce Honey Dew 4 oz.	Fresh Strawberries 4 oz.
Vegetarian		Cheesy Broccoli and Rice Casserole 3 oz. Black Beans 2oz		Vegetarian Lasagna Use Veg Patty recipe for added protein crumbles 4 oz.	Grilled Cheese on Whole Wheat 1 each Fat Free Cottage Cheese 2 oz.
	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz	Milk 1%, 8floz
WEEK FOUR SNACK	WG Goldfish 4 oz. Milk 1%, 8 floz	Cubed Cheddar Cheese 2 ounce Whole Grain Cheez It .75 oz Water 4floz	Sliced Turkey Breast and Cheese Roll Ups 1 Each Milk 1%, 8 floz	Avacado Salsa 2 ounces Tortilla Chips (Pita for Toddlers) 1 oz Hard Boiled Egg 1 each	Fresh Fruit Cup 2 ounce Honey Yogurt Dipping Sauce 2 ounce Ice Water, 8 floz