

ROC Stars Academy Menu Week 1

10A NCAC 09 .0901
 G. S. 110-91(2)
 REV 05/2008

Menu Planning Week 1

Week of _____

| MEAL PATTERNS | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|--|---|--|
| Breakfast Juice or fruit Bread and/or cereal Milk, fluid (three food groups) | Banana nut muffin Apples Milk | Yogurt Vanilla wafers clementine Milk | Cinnamon Roll Raisins Milk | Waffles Banana Milk | Scrambled Eggs Toast Apple Milk |
| A. M. Supplement Milk, juice, fruit or vegetable bread or cereal (two food groups) | NA | NA | NA | NA | NA |
| Lunch Meat and/or alternate Vegetables and/or fruits Bread Butter/margarine Milk, fluid whole Other foods (four food groups) | Tostito Beef Taco Rice Pineapples Milk | Chicken and Rice Peas Pears Bread, milk | Pizza Bites Corn Applesauce Bread, Milk | Taco Fruit Cocktail mix Taco shell, milk | Chicken Nuggets French Fries Carrots Clementine. Bread, Milk |
| P. M. Supplement Milk, juice, fruit, vegetables, bread or cereal (two food groups) | Fig Newton Puffin Corn water | Oatmeal cookie Grapes Water | Powered doughnuts Oranges Water | Smores Snack Mix (Teddy Grahams, Marshmallows, and chocolate chips Water | Cheese cubes Crackers Grapes Water |
| Supper Meat and/or alternate Vegetables and/or fruits Bread Butter/margarine Milk, fluid whole Other foods (four food groups) | NA | NA | NA | NA | NA |

Adapted from: *Special Food Service Programs for Children*, U. S. Dept. of Agriculture Food and Nutrition
 Distributed by Division of Child Development