

KATERING 4 KIDS – WEEKLY MENU

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	DAYS OF WEEK		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Grade	K- 8	5/6	5/7	5/8	5/9	5/10
	Component	Min. Serving	WG Pop Tart	WG Mini Cinnamon Roll	WG Multigrain Bar	WG Crumb Cake	WG Apple Strudel
Breakfast	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or FF Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk
	Grain (WGwhole)	1 oz eq.	WG Pop Tart	WG Mini Rolls	WG Multigrain Bar & Graham Cracker	WG Crumb Cake	WG Strudel
	Fruit	1 cup	Diced Strawberries & Fruit Juice	Tropical Fruit & Fruit Juice	Mixed Berries & Fruit Juice	Diced Peaches & Fruit Juice	Diced Apricots & Fruit Juice
NUTRITIONAL INFO <small>alternate</small> (Calorie/Sodium/Carbs/Sugar)			490/108/246	360/280/67	360/225/79	430/190/75	395/260/82
	Component	Min. Serving	Brunch For Lunch	Chicken Alfredo	BBQ Beef Meatballs	Popcorn Chicken	Bosco Sticks
Lunch	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk
	Grains (WGwhole)	1 oz eq.	WG Waffles	WG Penne Pasta	WG Roll	WG Breeding & WG Bread Slice	WG Breadstick & Graham Crackers
	Meat or Meat alt.	2 oz.	Turkey Links	Diced Chicken & Cheese	Beef Meatballs	Chicken	Cheese
	Vegetable	3/4 cup	Potato Wedges	Fresh Baby Carrots	Cut Green Beans	Red Beans	Broccoli Florets
	Fruit	1/2 cup	Tropical Fruit	Cut Mandarin Segments	Applesauce	Pineapple Chunks	Banana
NUTRITIONAL INFO (Calories/Sodium/Carbohydrates)			500/1040/63	540/981/73	630/1720/86	605/1590/122	545/637/85
ALTERNATE MEALS: for dietary needs (Info w/Unflavored Milk)				Dairy Free Penne Pasta w/ Chicken 310/980/86			Dairy Free Chicken Sandwich 595/376/85

>Calories, Sugar, Sodium, and Carb based on 1% White Milk. If Chocolate Milk is selected add 10 Calories, 8g Sugar, 60g Sodium, and 6g Carb to total amount listed.

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		DAYS OF WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
		Grade	5/13	5/14	5/15	5/16	5/17	
		Component	Min. Serving	WG Cereal Bar	WG Croissant w/ Jelly	WG Breakfast Round	WG Super Donut	WG Honey Bun
Breakfast	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or FF Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	
	Grain (WGwhole)	1 oz eq.	WG Cereal Bar	WG Croissant	WG Breakfast Round	WG Donut	WG Honey Bun	
	Fruit	1 cup	Diced Peaches & Fruit Juice	Applesauce & Fruit Juice	Diced Pineapples & Fruit Juice	Mixed Fruit & Fruit Juice	Fresh Apple & Fruit Juice	
NUTRITIONAL INFO <small>alternate</small> (Calorie/Sodium/Carbs/Sugar)			410/87/205	325/270/60	390/250/66	330/56/225	400/230/70	
		Component	Min. Serving	Chicken Sandwich	Penne w/ Meat Sauce	Chicken Tenders	Salisbury Steak	Chicken Nuggets
Lunch	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	
	Grains (WGwhole)	1 oz eq.	WG Bun	WG Penne Pasta & Graham Cracker	WG Breading & WG Bread Slice	Brown Rice	WG Breading & Graham Cracker	
	Meat or Meat alt.	2 oz.	Chicken Patty & Cheese	Ground Beef	Chicken Tenders	Beef Patty	Chicken Nuggets	
	Vegetable	3/4 cup	Baked Beans	Cut Green Beans	Sliced Carrots	Broccoli Florets	Cut Corn Kernels	
	Fruit	1/2 cup	Tropical Fruit	Cut Mandarin Segments	Applesauce	Pineapple Chunks	Grapes	
NUTRITIONAL INFO (Calories/Sodium/Carbohydrates)			735/775/100	564/945/85	480/785/65	657/648/101	500/1220/63	
ALTERNATE MEALS: for dietary needs (Info w/Unflavored Milk)			Dairy Free Chicken Sandwich 665/435/99					

>Calories, Sugar, Sodium, and Carb based on 1% White Milk. If Chocolate Milk is selected add 10 Calories, 8g Sugar, 60g Sodium, and 6g Carb to total amount listed.

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DAYS OF WEEK		MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Grade		K- 8		5/20		5/21		5/22		5/23	
Closed – Summer Vacation											
Component		Min. Serving	WG Pop Tart	WG Mini Cinnamon Roll	WG Multigrain Bar	WG Crumb Cake					
Breakfast	Fluid Milk (8oz = 1 cup)	8 oz.	▶ 1% or Fat Free Unflavored or FF Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk	▶ 1% or Fat Free Unflavored or Fat Free Flavored ▶ Sensitivity: Soy Milk					
	Grain (WGwhole)	1 oz eq.	WG Pop Tart	WG Mini Rolls	WG Multigrain Bar & Graham Cracker	WG Crumb Cake					
	Fruit	1 cup	Diced Strawberries & Fruit Juice	Tropical Fruit & Fruit Juice	Mixed Berries & Fruit Juice	Diced Peaches & Fruit Juice					
NUTRITIONAL INFO <small>alternate</small> (Calorie/Sodium/Carbs/Sugar)			490/108/246	360/280/67	360/225/79	430/190/75					
Component		Min. Serving	Cheeseburger	Chicken Alfredo	BBQ Beef Meatballs	Popcorn Chicken					
Lunch	Fluid Milk (8oz = 1 cup)	8 oz.	<input type="checkbox"/> 1% or Fat Free Unflavored or Fat Free Flavored <input type="checkbox"/> Sensitivity: Soy Milk	<input type="checkbox"/> 1% or Fat Free Unflavored or Fat Free Flavored <input type="checkbox"/> Sensitivity: Soy Milk	<input type="checkbox"/> 1% or Fat Free Unflavored or Fat Free Flavored <input type="checkbox"/> Sensitivity: Soy Milk	<input type="checkbox"/> 1% or Fat Free Unflavored or Fat Free Flavored <input type="checkbox"/> Sensitivity: Soy Milk					
	Grains (WGwhole)	1 oz eq.	WG Bun	WG Penne Pasta	Brown Rice	WG Breading & WG Bread Slice					
	Meat or Meat alt.	2 oz.	Beef Patty & Cheese	Diced Chicken & Cheese	Beef Meatballs	Chicken					
	Vegetable	3/4 cup	Potato Wedges	Fresh Baby Carrots	Cut Green Beans	Red Beans					
	Fruit	1/2 cup	Tropical Fruit	Cut Mandarin Segments	Applesauce	Pineapple Chunks					
NUTRITIONAL INFO (Calories/Sodium/Carbohydrates)			590/1150/61	640/981/73	840/1580/134	605/1590/122					
ALTERNATE MEALS: for dietary needs (Info w/Unflavored Milk)			Dairy Free Hamburger 520/810/60	Dairy Free Penne w/ Chicken 530/980/73							

>Calories, Sugar, Sodium, and Carb based on 1% White Milk. If Chocolate Milk is selected add 10 Calories, 8g Sugar, 60g Sodium, and 6g Carb to total amount listed.

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