	OD MENU 2	A Week:	Month:	202	
USDA CACFP Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
		BREA	KFAST		
Fluid Milk	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)
Fruit and/or Vegetable	Bananas	Oranges	Bananas	Apples	Bananas
Bread or Cereal	Eggo Waffles	Oatmeal/Farina (WG)	Corn Flakes/ Cheerios (WG)	Wheat Bread (WG)	Oatmeal/Farina (WG)
		LU	NCH		
Meat or Alternate	Chicken Strips	Cheese (Grilled)	Egg	Ground Beef	Cheese Pizza (with extra cheese)
Fruit and/or Vegetable	Oranges	Apple Sauce	Oranges	Bananas	Oranges
	Lettuce + Tomatoes Salad	Broccoli	Green Beans+ Carrots	Mixed-Veggies	Corn
Bread or Alternate	Rice (enriched)	Wheat Bread (WG)	Rice (enriched)	Pasta (enriched spaghetti)	Cheese Pizza (with extra cheese)
Fluid Milk	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)
			OON SNACK <i>te following foods);</i>		
Fluid Milk		6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	Yogurt	6 Oz Fluid Milk (1% for 2+ years) (Whole for < 2 years)	
Fruit and/or Vegetable	Apples	Bananas	100% Apple Juice	Oranges	Apples
Bread or Alternate	Saltines (WG)				Honey Maid Grahams

Meat or Alternate

Oct 2021

(WG)

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form.