

# PRTF 1 & 2 & IPU Breakfast, Lunch, Dinner and Snack Menu



Mar-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>Remember My Plate!</b> My plate is a visual reminder to make healthy choices from each of the 5 food groups.</p> 						<p><b>Breakfast</b> Cereal WW Toast with Jelly, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Ham, Mac and Cheese Cornbread, Mixed Vegetable Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Baby Carrots, Cheese Stick 1% White Milk</p> <p><b>Dinner</b> Country Fried Steak, Dinner Roll Mashed Potatoes &amp; Gravy Broccoli, Mixed Fruit FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Cake Apple</p>
<p><b>Breakfast</b> Mini Waffles, Bacon Banana 100% Fruit Punch, FF Milk</p> <p><b>Lunch</b> Chicken Wrap, Sweet Potato Puffs, Raw Vegetables Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Goldfish, Mixed Fruit 1% White Milk</p> <p><b>Dinner</b> Pizza, Tri Tater Side Salad Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange</p>	<p><b>Breakfast</b> Biscuits &amp; Gravy Omelet, Hashbrown 100% Cranberry Juice, FF Milk</p> <p><b>Lunch</b> Swiss Mushroom Burger, French Fries, Carrots Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Tiger Bites Banana, 1% White Milk</p> <p><b>Dinner</b> Chicken Tetrizzini, Breadstick Side Salad Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Chips Fresh Pear</p>	<p><b>Breakfast</b> Mini Cinn's, Breakfast Potatoes Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Country Fried Steak Sandwich Oven Fried Potatoes, Baked Beans Mixed Fruit, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Oatmeal Rounds Strawberries, 1% White Milk</p> <p><b>Dinner</b> French Dip Sandwich w/ Au Jus French Fries, Green Beans Diced Peas FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Pudding w/ Graham Crackers Apple</p>	<p><b>Breakfast</b> Pancakes, Egg Patty Banana 100% Fruit Punch, FF Milk</p> <p><b>Lunch</b> Pasta w/ Mariana Breadstick, Mixed Vegetables Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Cocoa Puffs, Pineapple 1% White Milk</p> <p><b>Dinner</b> Baked Cheese Sandwich, Tomato Soup, Side Salad Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Brownies Fresh Pears</p>	<p><b>Breakfast</b> Breakfast Burritos Turkey Sausage Patty, Apple 100% Grape Juice, FF Milk</p> <p><b>Lunch</b> Chicken, Mashed Potatoes &amp; Gravy, Dinner Roll, Broccoli, Pears, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Bagel w/ Cream Cheese Diced Peaches, 1% White Milk</p> <p><b>Dinner</b> BBQ Pulled Pork Sandwich, Chips, Mixed Vegetables Pineapple FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Chips &amp; Salsa Oranges</p>	<p><b>Breakfast</b> Scrambled Eggs, English Muffin Brk Potatoes, Banana 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Pizza, Tri Tater Mixed Vegetables Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Yogurt w/ Granola Mixed Fruit Cup, 1% White Milk</p> <p><b>Dinner</b> Mac &amp; Cheese Breadstick, Mixed Vegetables Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Chips &amp; Salsa Mixed Fruit</p>	<p><b>Breakfast</b> Cereal WW Toast with Jelly, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Chicken Nuggets, Dinner Roll Side Salad, Potato Puffs Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Chex Mix, Diced Pears 1% White Milk</p> <p><b>Dinner</b> Sloppy Joe Sandwich Potato Salad, Corn Mixed Fruit FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Tiramisu Apple</p>
<p><b>Breakfast</b> Mini Donuts Scrambled Eggs, Banana 100% Fruit Punch, FF Milk</p> <p><b>Lunch</b> Turkey on Croissant, Cheesy Vegetable Soup, Cucumbers Peas, Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Pretzel w/ Cheese Sauce 1% White Milk</p> <p><b>Dinner</b> Cheeseburger, Tri Tater Roasted Broccoli Pineapple, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange</p>	<p><b>Breakfast</b> Ham, Cheese Egg Scramble WW Toast w/ Jelly, Apple 100% Cranberry Juice, FF Milk</p> <p><b>Lunch</b> Hard Shell Beef Tacos Mexican Rice, Refried Beans Green Beans, Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> WG Chips Banana, 1% White Milk</p> <p><b>Dinner</b> Chili Dog, Chips Corn Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Jello Fresh Pear</p>	<p><b>Breakfast</b> Muffin, Cheese Omelet Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Chicken Patty Sandwich, French Fries, Mixed Vegetables, Mixed Fruit, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Nutri-Grain Bars Red Grapes, 1% White Milk</p> <p><b>Dinner</b> Beef Stroganoff w/ Dinner Roll Side Salad Diced Peas, FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Choc. Pudding w/ Animal Crackers Apple</p>	<p><b>Breakfast</b> Breakfast Pizza, Banana 100% Fruit Punch, FF Milk</p> <p><b>Lunch</b> BBQ Meatballs, Dinner Roll Mac &amp; Cheese, Carrots Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Yogurt w/ Graham Crackers 1% White Milk</p> <p><b>Dinner</b> Philly Cheese Steak, French Fries, Mixed Vegetables Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Cookie Fresh Pears</p>	<p><b>Breakfast</b> Waffles, Turkey Sausage Patty Apple 100% Grape Juice, FF Milk</p> <p><b>Lunch</b> Turkey &amp; Cheese Melt, Sweet Potato Fries, Broccoli Diced Pears, Dessert FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Goldfish, Peaches 1% White Milk</p> <p><b>Dinner</b> Ham &amp; Potato Au Gratin, Breadstick, Green Beans Pineapple FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Fruit Snacks Orange</p>	<p><b>Breakfast</b> Scrambled Eggs, English Muffin Hashbrown, Fresh Fruit Cup 100% Orange Juice, FF Milk</p> <p><b>Lunch</b> Pizza, Tri Tater Corn Mandarin Oranges FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Scooby Snacks Mixed Fruit Cup, 1% White Milk</p> <p><b>Dinner</b> Tuna Noodle Casserole, Cornbread, Raw Vegetables Applesauce FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Chips Mixed Fruit</p>	<p><b>Breakfast</b> Cereal WW Toast with Jelly, Orange 100% Apple Juice, FF Milk</p> <p><b>Lunch</b> Chicken Patty Sandwich Mac &amp; Cheese, Peas Diced Peaches FF Choc. Milk/ 1% White Milk</p> <p><b>Afternoon Snack</b> Pretzel w/ Cheese Stick 1% White Milk</p> <p><b>Dinner</b> Mini Corn Dogs, Cheesy Broccoli Rice, Green Bean s Mixed Fruit FF Choc. Milk/ 1% White Milk</p> <p><b>Evening Snack</b> Cake Apple</p>

# PRTF 1 & 2 & IPU Breakfast, Lunch, Dinner and Snack Menu



Mar-25

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>16</b> <b>Breakfast</b> Mini Bagels w/ Cream Cheese Egg Patty, Banana 100% Fruit Punch, FF Milk <b>Lunch</b> Hot Turkey and Swiss Sandwich Parslief Potatoes, Mixed Vegetables, Applesauce FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Rice Krispie Bar, Mixed Fruit 1% White Milk <b>Dinner</b> Pasta w/ Alfredo Sauce Breadstick, Side Salad Pineapple, Dessert FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange	<b>17</b> <b>Breakfast</b> Oatmeal Round, Cheese Omelet Apple 100% Cranberry Juice, FF Milk <b>Lunch</b> Chicken Nuggets, Dinner Roll Mashed Potatoes & Gravy Peas, Diced Peaches FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Tiger Bites Banana, 1% White Milk <b>Dinner</b> Beef Stew w/ Biscuit Mixed Vegetables Mandarin Oranges FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Cereal Bar Fresh Pear	<b>18</b> <b>Breakfast</b> Mini Cinn's, Breakfast Potatoes Orange 100% Apple Juice, FF Milk <b>Lunch</b> Chicken Parmesan, Breadstick Pasta w/ Meatless Sauce Green Beans, Mixed Fruit, Dessert FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Muffin, Strawberries, 1% White Milk <b>Dinner</b> Arby Sandwich, French Fries, Carrots Diced Peas, Dessert FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Graham Crackers Apples w/ Caramel Sauce	<b>19</b> <b>Breakfast</b> Breakfast Burritos, Turkey Sausage Patty, Banana 100% Fruit Punch, FF Milk <b>Lunch</b> Thai Chicken Sandwich, Vegetable Lo Mein, Asian Slaw Broccoli, Applesauce FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Pretzel w/ Cheese Sauce 1% White Milk <b>Dinner</b> Country Fried Steak, Parslief Potato, Mixed Vegetables Diced Peaches, FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Cookies Fresh Pears	<b>20</b> <b>Breakfast</b> Pancakes, Egg Patty Apple 100% Grape Juice, FF Milk <b>Lunch</b> Nachos, Refried Beans, Carrots Diced Pears, Dessert FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Cereal Bar 1% White Milk <b>Dinner</b> Turkey Wrap, Corn Chips Side Salad, Pineapple, Dessert FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Pudding w/ Oreos Orange	<b>21</b> <b>Breakfast</b> Frudel, Yogurt Banana 100% Orange Juice, FF Milk <b>Lunch</b> Cheese Pull-Apart w/ Sauce Tri Tater, Green Beans Diced Peas, Dessert FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Chips & Salsa, Mixed Fruit Cup, 1% White Milk <b>Dinner</b> Fish Sticks, Mac & Cheese Peas Applesauce FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Chips Mixed Fruit	<b>22</b> <b>Breakfast</b> Cereal WW Toast with Jelly, Orange 100% Apple Juice, FF Milk <b>Lunch</b> BBQ Beef Sandwich, Corn Chips, Mixed Vegetables Mandarin Oranges FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Oatmeal Round, Diced Peas 1% White Milk <b>Dinner</b> Chicken Patty Sandwich Oven Fried Potatoes, Fresh Veggies, Mixed Fruit FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Tiramisu Apple
<b>23</b> <b>Breakfast</b> French Toast Sticks, Hashbrown Banana 100% Fruit Punch, FF Milk <b>Lunch</b> Mini Corn Dogs, Cheesy Broccoli Rice, Corn Applesauce FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Baby Carrots, Pretzels, 1% White Milk <b>Dinner</b> Burrito, Chips & Salsa Side Salad, Pineapple, Dessert FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange	<b>24</b> <b>Breakfast</b> Biscuits & Gravy Turkey Sausage Patty, Apple 100% Cranberry Juice, FF Milk <b>Lunch</b> Ham & Potato Au Gratin, Dinner Roll, Broccoli Diced Peaches FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Goldfish Banana, 1% White Milk <b>Dinner</b> Chicken Salad Croissant, Potato Puffs, Peas Mandarin Oranges FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Brownies Fresh Pear	<b>25</b> <b>Breakfast</b> Bagel w/ Cream Cheese Omelet, Orange 100% Apple Juice, FF Milk <b>Lunch</b> BBQ Chicken Sandwich, French Fries, Baked Beans Mixed Fruit, Dessert FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Nutri-Grain Bars Watermelon, 1% White Milk <b>Dinner</b> Tater Puff Casserole Cornbread, Mixed Vegetables, Diced Peas, FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Pudding w/ Animal Crackers Apple	<b>26</b> <b>Breakfast</b> Breakfast Sandwich Banana 100% Fruit Punch, FF Milk <b>Lunch</b> Chicken A la King, Biscuit Oven Fried Potatoes, Carrots Applesauce FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Celery Sticks & Broccoli w/ Ranch 1% White Milk <b>Dinner</b> Hamburger, Pasta Salad Cornbread, Mixed Vegetables Diced Peaches, FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Cookie Fresh Pears	<b>27</b> <b>Breakfast</b> French Toast, Egg Patty Apple 100% Grape Juice, FF Milk <b>Lunch</b> Ham & Cheese Melt Chips, Fresh Vegetables Diced Peas, Dessert FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Pretzel w/ Cheese Sauce Diced Peaches, 1% White Milk <b>Dinner</b> Chicken Stir Fry w/ Rice Mixed Vegetables, Egg Roll Pineapple, FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Chips & Salsa Orange	<b>28</b> <b>Breakfast</b> Scrambled Eggs, English Muffin Brk Potatoes, Fresh Berry Cup 100% Orange Juice, FF Milk <b>Lunch</b> Pizza, Tri Tater Corn Mandarin Oranges FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Scooby Snacks Red Grapes, 1% White Milk <b>Dinner</b> Mac & Cheese Breadstick, Mixed Vegetables Applesauce FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Chips Mixed Fruit	<b>29</b> <b>Breakfast</b> Cereal WW Toast with Jelly, Orange 100% Apple Juice, FF Milk <b>Lunch</b> Sloppy Joe Sandwich French Fries, Mixed Vegetables Diced Peaches FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Chex Mix, Diced Peas 1% White Milk <b>Dinner</b> Chicken Patty Sandwich Cheesy Broccoli Rice, Side Salad, Mixed Fruit FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Cake Apple
<b>30</b> <b>Breakfast</b> Muffin, Bacon, Omelet Banana 100% Fruit Punch, FF Milk <b>Lunch</b> Ham Wrap, Corn Chips Mixed Vegetables Applesauce FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> Rice Krispie Bar, Mixed Fruit 1% White Milk <b>Dinner</b> Runza Casserole, Dinner Roll Peas, Pineapple, Dessert FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Popcorn, Gatorade Mandarin Orange	<b>31</b> <b>Breakfast</b> Ham, Cheese, Egg Scramble WW Toast w/ Jelly, Apple 100% Cranberry Juice, FF Milk <b>Lunch</b> BBQ Pulled Pork Sandwich, Baked Beans, Potato Puffs Diced Peaches FF Choc. Milk/ 1% White Milk <b>Afternoon Snack</b> WG Chips Banana, 1% White Milk <b>Dinner</b> Beef Macaroni, Breadstick Side Salad Mandarin Oranges FF Choc. Milk/ 1% White Milk <b>Evening Snack</b> Fruit Snacks Fresh Pear					

**Remember My Plate!**  
 My plate is a visual reminder to make healthy choices from each of the 5 food groups.

