

Tri-Valley 5-Week Standardized Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 1	<p>B: Egg & Cheese Burrito, Choice of Fruit, Milk*</p> <p>L: Chicken Alfredo with a Twist, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Cottage Cheese, Choice of Fruit, Water</p>	<p>B: Whole Grain Cereal** or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Beef Taco with Fixings, WW Tortilla, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Chili Cucumbers, Low fat Cheese Stick, Water*</p>	<p>B: Whole Wheat Toast with butter or WOW butter, Hard-boiled egg, Choice of Fruit, Milk*</p> <p>L: Beef Meatballs and Gravy, Potatoes, WG Roll, Choice of Fruit, Milk*</p> <p>Sn: Strawberry Yogurt Parfait, Water</p>	<p>B: Whole Grain Cereal**or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Chicken BBQ Sandwich on Whole Wheat Bun, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Low Fat Cheddar Cheese, Crackers, Water</p>	<p>B: Whole Wheat English Muffin with Shredded Cheese, and egg, Choice of Fruit, Milk*</p> <p>L: Chili Con Carne (Vegetable included), Choice of Fruit, Cornbread, Milk*</p> <p>Sn: Yogurt, Choice of Fruit, Water</p>
WEEK 2	<p>B: Egg & Cheese Burrito, Choice of Fruit, Milk*</p> <p>L: Beef Stroganoff (Vegetable included) w/WG Egg Noodles, Choice of Fruit, Milk</p> <p>Sn: Cottage Cheese, Choice of Fruit, Water</p>	<p>B: Whole Grain Cereal**, or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Chicken Chalupas, Choice of Fruit*, Choice of Vegetable, Milk*</p> <p>Sn: Rainbow Veggies (see recipe), Hummus or Cool Cucumber dip, Low Fat Cheese Stick, Water</p>	<p>B: Whole Wheat Toast with butter, or WOW butter, Hard-boiled egg, Choice of Fruit, Milk*</p> <p>L: Pastitsio, Yogurt (1/4 cup), Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Kiwi, Crackers, Water</p>	<p>B: Whole Grain Cereal**or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Hamburger Patty on WG Bun with slice of Cheese & Tomato, Choice of Vegetable*, Choice of Fruit, Milk*</p> <p>Sn: Low Fat Cheddar Cheese, Crackers, Water</p>	<p>B: Whole Wheat English Muffin with Shredded Cheese, and egg, Choice of Fruit, Milk*</p> <p>L: Kickin' Chicken w/Brown Rice, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Yogurt, Choice of Fruit, Water</p>
WEEK 3	<p>B: Egg & Cheese Burrito, Choice of Fruit, Milk*</p> <p>L: Beef and Spaghetti Casserole, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Cottage Cheese, Choice of fruit, Water</p>	<p>B: Whole Grain Cereal** or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Chicken Fajitas, WW Tortilla, Choice of Vegetable, Choice of Fruit, Milk</p> <p>Sn: Baked Sweet Potato Sticks, Low Fat Cheese Stick Water</p>	<p>B: Whole Wheat Toast with butter or WOW butter, Hard-boiled egg, Choice of Fruit, Milk*</p> <p>L: Arroz con pollo (Vegetable included), Choice of Fruit, Milk*</p> <p>Sn: Berry Jam Party Bites, Milk*</p>	<p>B: Whole Grain Cereal**or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Tuna Salad Sandwich on WW Bread, Choice of Fruit, Choice of Vegetable, Milk</p> <p>Sn: Low Fat Cheddar Cheese, Crackers, Water</p>	<p>B: Whole Wheat English Muffin with Shredded Cheese, and egg, Choice of Fruit, Milk*</p> <p>L: Ground Beef & Spanish Rice, WG Roll, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Yogurt, Choice of Fruit, Water</p>
WEEK 4	<p>B: Egg & Cheese Burrito, Choice of Fruit, Milk*</p> <p>L: Chicken Tomato Bake, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Cottage Cheese, Choice of Fruit, Water *</p>	<p>B: Whole Grain Cereal** or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Bean Burrito, WW Tortilla, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Rainbow Veggies (see recipe) with Hummus or Cool Cucumber dip, Low Fat Cheese Stick, Water</p>	<p>B: WW Toast w/Butter, or WOW Butter, Hard-boiled egg, Choice of Fruit, Milk*</p> <p>L: Beef Picadillo (Vegetable included) over Brown Rice, Choice of Fruit, Milk*</p> <p>Sn: Banana Sushi Roll, Water</p>	<p>B: Whole Grain Cereal**or Oatmeal, Choice of Fruit, Milk*</p> <p>L: Sloppy Joe on a WW Bun, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Low Fat Cheddar Cheese, Crackers, Water</p>	<p>B: Whole Wheat English Muffin with Shredded Cheese, and egg, Choice of Fruit, Milk*</p> <p>L: Chicken Noodle Soup, Choice of Fruit, Choice of Vegetable, Milk*</p> <p>Sn: Yogurt, Choice of Fruit, Water</p>
WEEK 5	<p>B: Egg & Cheese Burrito, Choice of Fruit, Milk*</p> <p>L: Oven Baked Parmesan Chicken, WW Roll, Choice of Vegetable, Choice of Fruit, Milk*</p> <p>Sn: Choice of Fruit, Cottage Cheese, Water</p>	<p>B: Whole Grain Cereal** or Oatmeal, Choice of Fruit*, Milk*</p> <p>L: Beef Stir Fry with stir fry vegetables, Brown Rice, Choice of Fruit, Milk*</p> <p>Sn: Veggies (Broccoli & Carrots), Hummus or Cool Cucumber dip, cheese stick, Water</p>	<p>B: Whole Wheat Toast with butter or WOW butter, Hard-boiled egg, Choice of Fruit, Milk*</p> <p>L: Red Pozole, Cornbread, Choice of Fruit, Milk*</p> <p>Sn: Peach & Vanilla Yogurt Parfait, Water</p>	<p>B: Whole Grain Cereal**or Oatmeal, Choice of Fruit*, Milk*</p> <p>L: Chicken Slider w/Honey Mustard Aioli on WG bun with Lettuce and Tomato, Choice of Fruit, Milk*</p> <p>Sn: Low Fat Cheddar Cheese, Crackers, Water</p>	<p>B: Whole Wheat English Muffin with Shredded Cheese, and egg, Choice of Fruit, Milk*</p> <p>L: Creamy Wild Rice, Choice of Fruit, Choice of Vegetable, Milk*</p> <p>Sn: Yogurt, Choice of Fruit, Water</p>

Making Every Sip Count

- Unflavored whole milk will be served to 1-year olds, breast milk is encouraged
- Unflavored fat-free, skim milk will be served to children 2 through 5 years old
- Unflavored fat-free, skim will be served to children 6 years and older
- Water is offered throughout the day

** Whole grain cereals served by Tri-Valley are Kix, Cheerios, Life, Oatmeal Squares, Total, and Wheaties.
*Fruits and vegetables subject to change based on seasonal availability.

This institution is an equal opportunity provider.