



FMIDC FOOD MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week I BREAKFAST 7:00-8:00	Cereal (WG), Pears, 1% Milk	Pancake Wraps, Applesauce, 1% Milk	Grits (A), Fruit Cocktail, 1% Milk	Cheese Toast (WG), Peaches, 1% Milk	Cinnamon Rolls, Mandarin Oranges, 1% Milk	*Serves 1% Nonfat fluid milk to children 2 years of age and older. *Serves whole milk to children 1 to 2 years of age. *(A) Good source Vitamin A. *(C) Good source of Vitamin C. *(Fe) Good/Fair Source of Iron. *(A&G) Good source of Vitamin A&C. *(WG) Whole Grain.
LUNCH 11:30-12:30	Beef Stew (A,C &Fe), Cornbread, Spinach, Pears, 1% Milk	Fish Sticks, Macaroni & Cheese, Sweet Peas, 1% Milk	Beefy Ravioli (A), Mixed Veggies, Fruit Cocktail, 1% Milk	Chicken & Rice, Diced Carrots, Peaches, 1% Milk	Turkey Sandwich, Green Beans, Mandarin Oranges, 1%Milk	
PM SNACK 3:00-4:30	Oatmeal Cookies (WG), 1% Milk	Fruit Cocktail & Jello, 100% Juice	Pudding w/Vanilla Wafers, 100% Juice	Muffins (WG), 100 % Juice	Cheese & Crackers (Fe), 100% Juice	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK II BREAKFAST 7:00-8:00	Cereal (WG), Pineapples, 1% Milk	Oatmeal (WG), Applesauce, 1% Milk	French Toast Sticks, Peaches, 1% Milk	Biscuits (Fe), Fruit Cocktail, 1% Milk	Fruit & Yogurt, (A, C, Fe) 1% Milk	*Serves 1% Nonfat Fluid Milk to children 2 years of age and older. *Serves Whole Milk to children 1 to 2 years of age. *(A) Good source of Vitamin A. *(c) Good source of Vitamin C. *(Fe) Good/Fair source of Iron. *(A&G) Good source of Vitamin A&C. *(WG) Whole Grain.
LUNCH 11:30-12:30	Beef Stroganoff, (A,C), Peas&Carrots, Pineapples, 1% Milk	Chicken Nuggets (A& Fe), Tator Tots, Green Beans 1% Milk	Meatballs & Rice (A& Fe), Broccoli, Peaches, 1% Milk	Corny Dogs, Mashed Potatoes, Sweet Peas, 1% Milk	Pizza, Mixed Veggies (A& Fe), Pears, 1% Milk	
PM SNACK 3:00-4:30	Graham Crackers, Orange Slices, Water	Muffins (Fe), 100% Juice	Goldfish & Cheese Slices, 100% Juice	Cereal Trail Mix, 100% Juice	Sugar Cookies 100% Juice	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK III BREAKFAST 7:00-8:00	Cereal (WG), Fruit Cocktail, 1% Milk	Muffins or Cereal Bar, Mandarin Oranges, 1% Milk	Grits (A), Applesauce, 1% Milk	Waffles (WG), Pineapples, 1% Milk	Biscuits w/Jelly, Fruit Cocktail, 1% Milk	*Serves 1% Nonfat fluid milk to children 2 years of age and older. *Serves whole milk to children 1 to 2 years of age. *(A) Good source Vitamin A. *(C) Good source of Vitamin C. *(Fe) Good/Fair source of Iron. *(A&G) Good source of Vitamin A&C. (WG) Whole Grain.
LUNCH 11:30-12:30	Beefy Mac & Cheese, Diced Carrots, Fruit Cocktail, 1% Milk	Meatball Subs (Fe), Lettuce & Tomato, Peaches, 1% Milk	Spaghetti w/ Beef, Spinach(Fe), Applesauce, 1% Milk	Breaded Steak Fingers (A, C), Mixed Veggies, Pineapples, 1% Milk	Hamburgers, Tator Tots, Green Beans, Fruit Cocktail, 1% Milk	
PM SNACK 3:00-4:30	Tortilla Cheese Wraps (Fe), 100% Juice	Wheat Thin Crackers, Hummus, 100% Juice	Goldfish Crackers & Pretzels 100% Juice	Yogurt & Granola 100% Juice	Chocolate Chip Cookies 1% Milk	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Week IV BREAKFAST 7:00-8:00	Cereal (WG), Peaches 1% Milk	French Toast Sticks, Pears, 1% Milk	Oatmeal, Applesauce, 1% Milk	Cheese Toast (WG), Fruit Cocktail 1% Milk	Pancakes, Mandarin Oranges, 1% Milk	*Serve 1% Nonfat fluid milk to children 2 years of age and older. *Serve whole milk to children 1 to 2 years of age. *(A) Good source of vitamin A. *(C) Good source of vitamin C. (Fe) Good/fair source of Iron. (A&G) Good source of vitamin A&C (WG) Whole Grain.
LUNCH 11:30-12:30	Chicken & Noodle Peas & Carrots, Peaches 1% Milk	Beefy Sloppy Joe (A), Green Beans, Pears 1% Milk	Meatloaf, Black Eye Peas,(Fe) Mashed Potatoes, Rolls (WG) 1% Milk	Beefy Enchilada Taco (WG)(Fe), Broccoli, Fruit Cocktail 1% Milk	Turkey Wraps, Mixed Veggies, Mandarin Oranges 1% Milk	
PM SNACK 3:00-4:30	Cheese & Crackers 100% Juice	Banana Slices & Cheerios 100% Juice	Animal Crackers 100% Juice	Yogurt & Granola 100% Juice	Cereal Trail Mix 100% Juice	

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
WEEK V BREAKFAST 7:00-8:00	Cereal(WG) Pears 1% Milk	Grits (A), Fruit Cocktail 1% Milk	Biscuits (Fe), Peaches 1% Milk	English Muffins, Mandarin Orange, 1% Milk	Waffles, Fruit Cocktail 1% Milk	*Serves 1% Nonfat fluid milk to children 2 years of age and older. *Serves whole milk to children 1 to 2 years of age. *(A) Good source of vitamin A. *(C)Good source of vitamin C. (Fe) Good/Fair source of Iron. (A&G) Good source of vitamin A&C. (WG) Whole Grain.
LUNCH 11:30-12:30	Beef Stroganoff (A,C), Broccoli, Pears 1% Milk	Chicken Nuggets, Green Beans, Fruit Cocktail, 1% Milk	Chicken Ravioli (A), Sweet Peas, Peaches, 1% Milk	Beefy Tator Tot Casserole, Mandarin Orange, Mixed Veggies, 1% Milk	Lunch Meat Sub Sandwich, Fruit Cocktail, Carrots, 1% Milk	
PM SNACK	Goldfish 100% Juice	Vanilla Wafers & Pudding 100% Juice	Graham Crackers 100% Juice	Tortilla & Cheese Wrap 100%Juice	Sugar Cookies 100% Juice	