

# Mini University-Sinclair

## Weekly Menu Week #1

Type	Component	Minimum Serving	Date: 2/5/18	Date: 2/6/18	Date: 2/7/18	Date: 2/8/17	Date: 2/9/18
<b>Breakfast</b>		<b>3 - 5 years</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
	Milk, fluid	3/4 cup	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>	<i>Milk</i>
	Fruit or Vegetable	1/2 cup	Fresh Cantaloupe	Diced Peaches	Tropical Fruit	Bananas	Fresh Blueberries
	Grains/Breads Dry cereal	1/2 slice 1/3 cup or 1/2 oz.	Whole Grain Biscuits	Cornflakes	Oatmeal	Whole Wheat Bagel	Cream of Wheat
			Strawberry Preserves			Cream Cheese	
<b>Lunch</b>	Meat or meat alternate	1 1/2 oz.	Hamburger	Cheddar Cheese Quesadilla	<b><i>Beef Meatballs</i></b>	Turkey & Swiss	Whole Grain Cheese Pizza
	Grains/Breads Pasta/Noodles	1/2 slice 1/4 cup	Whole Wheat Hamburger Bun	Whole Wheat Tortilla	<b><i>Whole Grain Noodles</i></b>	Whole Wheat Bread	Pizza Crust
	Vegetable	1/4 cup	Corn	Tomato Soup with Stewed Tomatoes	<b><i>Marinara Sauce Broccoli</i></b>	Raw Carrot Sticks	Spring Mix Salad
	Fruit	¼ cup	Pineapple	Applesauce	Pears	Fresh Strawberries	Chef's Fruit Salad
	Milk, fluid	3/4 cup	Milk	Milk	Milk	Milk	Milk
	Other:		Ketchup				Ranch Dressing
<b>Snack (select 2)</b>	Milk, fluid	1/2 cup					
	Fruit or Vegetable	1/2 cup	Green Grapes			Banana	Apple Slices
	Grains/Breads/ Dry Cereal	1/2 slice 1/3 cup	Graham Crackers	Wheat Thins	Pretzels	Chex Mix	
	Meat or meat alternate	1/2 oz.		Gouda Cheese Cubes	Mozzarella Cheese & Hummus		WOW Butter
	Other:		Water	Water	Water	Water	Water

**Bolded & Italicized=Aramark Provided**