

HCDC's 2007 SA Lunch & Snack Menu



***Week 1 always begins on the first Monday of the new month.

Week 1**	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Jazzy Pretzels, Milk	Battered Fish Sticks, Green Beans, Tater Tots	Oatmeal Cookies, Juice
Tues.	Mama's Muffins, Milk	Turkey Hoagies w/Lettuce, Ranch Beans, Chips	Cheese Crackers, Juice
Wed.	Fruiti O's, Milk	Spaghetti w/Meat Sauce, Golden Corn, Peaches	Vanilla Wafers, Juice
Thurs.	Cinnamon Grahams, Milk	American Hot Dog & Bun, Oven Fries, Mixed Veggies	Nachos, Juice
Fri.	Veggie Sticks, Milk	Chicken & Rice Bake, Carrot Cubes, Fruit Cocktail, Roll	Trail Mix, Juice

Week 2	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Cheerio's, Milk	Beef Stew w/Veggies, Golden Corn, Peach Cubes, Roll	Cinnamon Toast, Juice
Tues.	Cinnamon Toast, Milk	Burger on Bun, Leafy Lettuce, Oven French Fries	Cookies, Juice
Wed.	Veggie Sticks, Milk	Chicken Alfredo, Green Beans, Applesauce, Roll	Wheat Crackers & Dip, Juice
Thurs.	Noah's Animal Crackers, Milk	Italian Hamburger Pizza, Salad w/Ranch Dressing, Pear Cubes	Cheese Crackers, Juice
Fri.	Cinnamon Grahams, Milk	Battered Chicken Nuggets, Mashed Potatoes, Mixed Veggies	Mini Pretzels, Juice

Week 3	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Jazzy Pretzels, Milk	Tomato Beef & Macaroni, Country Corn, Applesauce	Vanilla Wafers, Juice
Tues.	Fruit Of The Day, Milk	Breaded Steak Fingers, Mashed Potatoes, Green Peas, Roll	Cheese Crackers, Juice
Wed.	Noah's Animal Crackers, Milk	Soft Tacos w/Lettuce, Ranch Beans, Fruit Cocktail	Graham Crackers, Milk
Thurs.	Mama's Muffins, Milk	Burger on Bun, Diced Carrots, Oven French Fries	Nachos, Juice
Fri.	Fruiti O's, Milk	Chicken & Rice, Mixed Veggies, Green Beans	Trail Mix, Juice

Week 4	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Wheat Crackers, Milk	Circus Corn Dogs, Diced Carrots, Green Peas	Wheat Crackers & Dip, Juice
Tues.	Fruit Of The Day, Milk	Battered Fish Sticks, Green Beans, Golden Corn, Bread	Jazzy Pretzels, Juice
Wed.	Cheese & Crackers, Milk	Ham Hoagies w/Lettuce, Oven Fries, Applesauce	Potato Sticks, Juice
Thurs.	Vanilla Wafers, Milk	Breaded Steak Fingers, Mashed Potatoes, Broccoli	Oatmeal Cookies, Juice
Fri.	Cheerio's, Milk	Tomato Basil Chicken Spiralini, Mixed Veggies, Pear Cubes	Cheese Crackers, Juice

Week 5	<u>Morning Snack</u>	<u>Lunch</u>	<u>Afternoon Snack</u>
Mon.	Savory Crackers, Milk	Frito Pie, Mexican Tomato Rice, Diced Carrots	Vanilla Wafers, Juice
Tues.	Cinnamon Grahams, Milk	American Hot Dog & Bun, Tater Tots, Buttered Broccoli	Nachos, Juice
Wed.	Honey Nut Cheerio's, Milk	Breaded Beef Nuggets, Mashed Potatoes, Green Beans	Cheese Crackers, Juice
Thurs.	Veggie Sticks, Milk	Chicken Alfredo, Green Peas, Peaches, Roll	Ritz Crackers, Juice
Fri.	Cinnamon Toast, Milk	Italian Hamburger Pizza, Mixed Veggies, Fruit Cocktail	Cinnamon Toast, Juice



Hoagie, Hot Dog & Hamburger buns provide two grain servings.

ORANGE - Grain Group

BLUE - Milk Group

GREEN - Vegetable Group

RED - Meat/Meat Alt. Group

PURPLE - Fruit Group

Black - Extra, Not Counted in Food Group Calculations

Current 1/26/07

SECOND SERVINGS FROM THE VEGETABLE, FRUIT, GRAIN, AND MILK GROUPS MUST BE AVAILABLE