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Early Intervention Program (NO FISH & PORK)

Monday	Tuesday	Wednesday	Thursdays	Friday
 MEMORIAL DAY				Hamburger 100% Beef Burger 2oz 100% Whole Grain Bun 2-oz Sweet Potato Fries 1/2 cup Ketchup, Mustard, Mayo (1 pkt) Fresh Strawberries 1/4 cup 
Salisbury Steak Salisbury Steak w/ Gravy 2oz Mashed Potatoes 1/2 cup Cabbage 1/2 cup 100% Whole Grain Bread 1oz Fresh Pear Slices 1/4 cup 	Ham Sandwich Ham 2oz 100% Whole Grain Bread 2oz Lima Beans 1/2 cup Mayonnaise, Mustard (1 pkt) Fresh Cantaloupe 1/4 cup 	Baked Chicken Baked Chicken w/ Gravy 2oz Whole Wheat Noodles 1/2 cup Carrots 1/2 cup 100% Whole Grain Bread 1oz Fresh Honeydew 1/4 cup 	Beef & Cheese Casserole Steak 1-oz, Cheese 1-oz 100% Whole Grain Bread 1oz Sweet Potato Fries 1/2 cup Ketchup, Mustard, Mayo (1 pkt) Fresh Watermelon 1/4 cup 	Turkey Patty Baked Turkey Patty w Gravy 2oz Brown Rice 1/2 cup Broccoli 1/4 cup 100% Whole Grain Bread 1oz Fresh Strawberries 1/4 cup 
Turkey Meatsauce w/ Spaghetti Turkey Meatsauce 2oz Whole Wheat Spaghetti 1/2 cup Lima Beans 1/2 cup 100% Whole Grain Bread 1oz Fresh Apple Slices 1/4 cup 	Beef BBQ Beef 2oz. W BBQ Sauce Tater Barrels 1/2-cup  Green Beans 1/2 cup 100% Whole Grain Bread 1oz Ketchup, Tartar Sauce (1 pkt) Fresh Orange 1/4 cup	Chicken Nuggets Chicken Nugget 2oz Brown Rice 1/2 cup Broccoli 1/2 cup 100% Whole Grain Bread 1oz Ketchup (1 pkt) Fresh Watermelon 1/4 cup 	Midwest Country Fried Steak Country Fried Steak 2-oz Mashed Potatoes w/ Gravy 1/2-cup Corn 1/2 cup 100% Whole Grain Bread 1oz Fresh Grapes 1/4-cup 	Grilled Cheese Sandwich American Cheese 2oz. 100% Whole Grain Bread 2oz Pasta Salad 1/2-cup Carrot Sticks 1/2-cup Mustard, Mayo, Ranch (1 pkt) Fresh Strawberries 1/4 cup 
Baked Chicken Baked Chicken 2-oz Sweet Potato Fries 1/2 cup Broccoli 1/2 cup 100% Whole Grain Bread 1oz Fresh Pear Slices 1/4 cup 	Cubed Steak w/ Gravy Cubed Steak w/ Gravy 2oz Mashed Potatoes 1/2 cup Collard Greens 1/2 cup 100% Whole Grain Bread 1oz Fresh Cantaloupe 1/4 cup 	Grilled Cheese Sandwich American Cheese 2oz 100% Whole Grain Bread 2oz Tater Barrels 1/2 cup  Carrots 1/2 cup Fresh Honeydew 1/4 cup	Southwest Chicken Fajitas Chicken Fajitas 2oz Brown Rice 1/2 cup  Corn 1/2 cup 6-inch Whl Grain Tortilla - 1/2 Fresh Watermelon 1/4 cup	Salisbury Steak Salisbury Steak w/ Gravy 2oz  Yellow Squash 1/2 cup 100% Whole Grain Bread 2oz Ketchup, Mustard, Mayo (1 pkt) Fresh Strawberries 1/4 cup
Meatballs and Spaghetti Meatballs 2oz (2 each)  Marinara Sauce 1/2 cup Whole Wheat Spaghetti 1/2 cup Broccoli 1/2 cup 100% Whole Grain Bread 1oz Fresh Apple Slices 1/4 cup	Chicken Drumsticks Chicken Drumstick (1 piece) Macaroni and Cheese 1/2 cup Green Beans 1/2-cup 100% Whole Grain Bread 1oz Fresh Orange 1/4 cup 	Roast Turkey w/ Gravy Roast Turkey w/ Gravy 2oz Mashed Potatoes 1/2-cup Carrots 1/2 cup 100% Whole Grain Bread 1oz Fresh Watermelon 1/4 cup 	Baked Chicken Baked Chicken w/ Gravy 2oz Whole Wheat Noodles 1/2 cup Carrots 1/2 cup 100% Whole Grain Bread 1oz Fresh Honeydew 1/4 cup 	Hamburger 100% Beef Burger 2oz  100% Whole Grain Bun 2-oz Sweet Potato Fries 1/2 cup Ketchup, Mustard, Mayo (1 pkt) Fresh Strawberries 1/4 cup

A variety of 8-oz milk is served with all meals: 1% (unflavored); fat-free (flavored)