

**West Point's School Age Services Menu
Winter 2010-2011**

Cycle 1						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
Breakfast	Skim Milk Banana Life Cereal	Skim Milk Raspberries Pancakes *Lite Syrup	Skim Milk Grapefruit Sections Honey Wheat Bagel *Promise Margarine	Skim Milk Mandarin Oranges Banana Muffin Bars *Promise Margarine	Skim Milk English Muffin Pineapple Chunks *Promise Margarine	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
Lunch	Skim Milk Baked Ziti Marinara Sauce and Ricotta/Mozzarella Cheese Steamed Broccoli *Garlic Bread	Skim Milk "Breakfast for Lunch" Egg and Cheese Omelet Breakfast Potatoes Sliced Oranges Biscuits *Sausage Pattie	Skim Milk Cod Nuggets Mashed Potatoes Steamed Glazed Carrots Sliced Whole Wheat Bread	Skim Milk Sloppy Joe's Tomato Sauce Baked Sweet Potato Fries Applesauce Whole Wheat Bun	Skim Milk Chicken Stir Fry Edamame Shredded Carrots Asian Fruit Salad Steamed Rice	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
Snack	Pretzel Sticks Swiss Cheese Cubes Water	Animal Crackers Sliced Banana Water	Quaker Rice Cakes Fruit Cocktail Cups Water	Hot Chocolate made with 1% Milk Graham Crackers	Turkey Slices Whole Wheat Crackers Water	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate
Susan S Bagley, RD CYSS Dietitian						

**West Point's Lee School Age Services Menu
Winter 2010-2011**

Cycle 2						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
Breakfast	Skim Milk Banana Corn Flakes	Skim Milk Pears Whole Wheat Blueberry Bread	Skim Milk Sliced Apples Cream of Wheat *Promise Margarine *Cinnamon Sugar	Skim Milk Peaches Team Cheerio Strawberry Bar	Skim Milk Mandarin Oranges Whole Wheat Bagel *Reduced Fat Cream Cheese	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
Lunch	Skim Milk Chili (Ground Beef and Chili Beans) Tomato Sauce Baked French Fries Carrots Cornbread *Shredded 2% Cheese	Skim Milk Turkey Patties Seasoned Green Beans Cinnamon Applesauce Stuffing Roll	Skim Milk Salisbury Steak Peas and Carrots Tossed Salad w/ Ranch Dressing Buttered Egg Noodles Whole Wheat Toast	Skim Milk Morning Star Veggie Garden Burger White American Cheese Romaine Lettuce Cucumber/Tomato Slices Whole Wheat Bun	Skim Milk Whole Grain Crust Meatball Pizza Cheese Pizza Pasta Salad w/ Italian Veggies Pineapple Chunks	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
Snack	"Rice Puff Fluff" Rice Krispies Vanilla Yogurt 100% Orange Juice	Skim Milk Soft Pretzel Cheese Dip	Whole Wheat Ritz Crackers Cheese Water	Baked Pita Bread Bean Salsa Water	Skim Milk Fig Newtons	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate
Susan S Bagley, RD CYSS Dietitian						

**West Point's School Age Services Menu
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Cycle 3						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
Breakfast	Skim Milk Banana Multigrain Cheerios	Skim Milk Berry Blend Whole Wheat Cinnamon Toast	Skim Milk Fresh Strawberries Waffles *Strawberry Butter	Skim Milk Warm Peaches Biscuits *Promise Margarine	Skim Milk Applesauce Surprise <i>Peach, Strawberry, or Mango Puree added</i> Blueberry Bagels *Reduced Fat Cream Cheese	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
Lunch	Skim Milk Grilled Chicken Breast Potatoes Au Gratin Steamed Broccoli and Cauliflower Diced Fresh Pears Breadstick	Skim Milk Meatball Spaghetti Marinara Young Green Peas Angel Hair Pasta *Parmesean Cheese	Skim Milk Chix Stix Garlic Toast Krinkle Kut Fries Mandarin Oranges	Skim Milk Grilled Cheese Sandwiches on Whole Wheat Bread Tomato Soup w/Sour Cream and Cheddar Carrot Sticks	Skim Milk Spinach Chicken Tortillini Alfredo Italian Vegetable Blend (Green Beans, Carrots, Zucchini, Lima Beans)	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
Snack	100% Pineapple/Orange Frozen Juice Cup Teddy Cinnamon Grahams	Sliced Cheese and *Pepperoni Crackers Water	Skim Milk Brownies made with applesauce	Cheese on Cheese Crackers Banana Water	Skim Milk Cereal	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate
Susan S Bagley, RD CYSS Dietitian						

**West Point's School Age Services Menu
Winter 2010-2011**

Cycle 4						
	Monday	Tuesday	Wednesday	Thursday	Friday	USDA Requirements
Breakfast	Skim Milk Banana Wheaties	Skim Milk Fruit Salad French Toast *Lite Syrup	Skim Milk Fresh Pears Rice Krispies	Skim Milk Banana Honey Wheat Bagel *Blueberry Butter	Skim Milk Orange Sections English Muffin *Promise Margarine	Milk, Fruit or 100% Juice, Cereal, Bread or Bread Alternate *Additional Food
Lunch	Skim Milk Soft Shell Turkey Tacos Tortilla *Ground Turkey Shredded Cheese Salsa/Romaine Lettuce Apples *Plain Yogurt	Skim Milk Macaroni and Cheese Hidden Veggie (Cauliflower) Cut Green Beans Baked Apples	Skim Milk Meatloaf Potato Smiles Vegetable Blend Breadsticks	Skim Milk Baked Ham Mashed Sweet Potatoes with Brown Sugar Creamy Corn Whole Wheat Bread	Skim Milk Chicken Margarita Pizza Whole Grain Dough Mozzarella Cheese Marinara Fresh Tomatoes Celery	Milk, Meat or Meat Alternate, Fruit or Vegetable, Bread or Bread Alternate *Additional Food
Snack	Cheddar Chex Mix Flavor of the week Jello made with 100% Fruit Juice	Applesauce Nut Free Banana Bread Water	100% Grape Juice Saltine Crackers Yogurt	Pretzel Dippers Carrot Sticks Ranch Dip Water	Skim Milk Cinnamon Teddy Grahams	(2 of 4) Milk, Fruit, Vegetable, or 100% Juice, Cereal, Bread or Alternate, Meat and/or Alternate
Susan S Bagley, RD CYSS Dietitian						