

# Brighton Academy

No Pork, No Peanut

Cape Coral

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 					
	Vegetable/Fruit/Juice 	Fruit Cocktail	Banana	Apple Slices	Pears	Peaches
	Grains 	Cornflakes	Butter Biscuit	Mini Muffins	French Toast	Crispix (Cereal)
LUNCH	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 	Dinosaur Shapes Chicken Nuggets (Ketchup)	Spaghetti w/ Meat Sauce (Ground beef & Tomato sauce)	Seasoned Black Beans and Rice	Salisbury Steak w/Gravy	Beef & Potatoes (Ground beef & Potato chunks)
	Vegetable 	Carrots	Tossed Salad Iceberg Romaine	Green Beans	Tossed Salad Iceberg Romaine	Green Beans
	Fruit or Vegetable 	Applesauce	Fruit Cocktail	Pineapples	Peaches	Apple Slices
	Grains 	Whole Wheat Bread Slice	Roll	Whole Wheat Bread Slice	Roll	Whole Wheat Bread Slice
SNACK	Milk/Water 	Water	Water	Water	1% Milk Whole Milk	Water
	Meat/Meat Alternate 	String Cheese	Turkey Slices (1 Oz)	Ham Slices		
	Vegetable 			Carrot Sticks/ Ranch dressing		
	Fruit/Juices 		Apple Juice			Mandarin Oranges
	Grains 	Crackers	Whole Grain Bread (1 Slice)		Whole Grain Crackers Animal	Cracker Triscuit (Whole grain)

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Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 				Jelly /Margarine	
	Vegetable/Fruit/Juice 	Bananas	Peaches	Mandarin Oranges	Fruit Cocktail	Apple Slices
	Grains 	Waffles (WG)	Rice Crispy Cereal	Pancakes	Whole Wheat Toast	Cornflakes
LUNCH	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 	Over Stuffed Ravioli (Meat filled/ Tomato sauce)	Ham, rice & mixed Vegetables	Fish Sticks w/ Ketchup	Congri & Picadillo	Hamburger on a Bun
	Vegetable 	Green Beans	Lettuce Tomato & Dressing	Corn	Green Beans	Potato Happy Face
	Fruit or Vegetable 	Pears	Fruit Cocktail	Mandarin Oranges	Pineapple Tidbits	Apple Slices
	Grains 	Roll		Whole Wheat Bread	Cuban Bread	
SNACK	Milk/Water 	Water		Water	1% Milk Whole Milk	Water
	Meat/Meat Alternate 		Sliced Ham (1½ Oz)			
	Vegetable 					Carrot Sticks w/ Ranch dressing
	Fruit/Juices 	Apple Juice	Orange Juice	Orange Slices	Grapes	Apple Juice
	Grains 	Pretzels	Whole Wheat Bread (1 Slice)	Crackers Ritz (whole grain)	Mini Muffins	Crackers

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Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 					
	Vegetable/Fruit/Juice 	Bananas	Peaches	Pears	Raisins	Mandarin Oranges
	Grains 	Toasted Oats	Toast w/ Jelly	French Toast Sticks	Rice Krispy Cereal	Waffles
LUNCH	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 	Spaghetti w/ Meat Sauce (Tomato sauce & Ground beef)	Dinosaur Chicken Nuggets	Seasoned Black Beans and Rice	Rice & Ground Beef	Ham Macaroni & Cheese
	Vegetable 	Lettuce/ Tomato w/ French Dressing	Green Beans	Salad Iceberg Romaine	Peas & Carrots	Broccoli
	Fruit or Vegetable 	Fruit Cocktail	Pineapple Tidbits	Peaches	Pears	Cinnamon Apples
	Grains 	Roll	Whole Wheat Bread	Whole Wheat Bread		Roll
SNACK	Milk/Water 			Water		Water
	Meat/Meat Alternate 	Turkey Slices		Yogurt	String Cheese	Mild Salsa
	Vegetable 			Crackers Ritz (whole grain)		
	Fruit/Juices 	Apple Juice	Apple Juice		Apple Juice	Seedless Grapes
	Grains 	Whole Grain Bread (1 Slice)	Pretzel Sticks		Crackers (Whole grain)	Tortilla Chips

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Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 					
	Vegetable/Fruit/Juice 	Peaches	Fruit Cocktail	Pears	Bananas	Apple Slices
	Grains 	Rice Crispy	Pancakes	Whole Wheat Toast (Butter/Jelly)	Toasted Oats	Waffles
LUNCH	Milk 	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk	1% Milk Whole Milk
	Meat/Meat Alternate 	Fish Sticks	Lasagna	Turkey w/ Rice	Macaroni & Cheese w/ Ham	Cuban Sand (Pork, Ham, Swiss, Cheese, Pickles, Cuban or Whole Wheat Brood)
	Vegetable 	Happy Face Potato tots	Tossed Salad Iceberg Romaine	Mixed Veggies	Corn	Happy Face Potato tots
	Fruit or Vegetable 	Applesauce	Bananas	Peaches	Mandarin Oranges	Apricot
	Grains 				Roll	
SNACK	Milk/Water 	Water		1% Milk Whole Milk		Water
	Meat/Meat Alternate 	Tuna			Cheese	
	Vegetable 			Mild Salsa		
	Fruit/Juices 	Apple Juice	Apricot Apple Juice		Apple Juice	Banana Applesauce
	Grains 	Crackers	Cracker Animal (Whole grain)	Tortilla Chips	Pretzels	Mini Muffin