

# Brighton Academy

No Pork, No Peanut

Pompano

Week One		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Colby Cheese Slice (1 Oz)				Yogurt 4 Oz
	Vegetable/Fruit/Juice 	100% Apple Juice	Pears	Pineapple	Cinnamon Apples	Banana (1 whole)
	Grains 	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	Multi Grain Cheerios (100% Whole grain)	Whole Grain-Rich Bagel <i>Cream Cheese</i>	Life Original Cereal (Whole grain-rich)	Meat Chex Cereal (100% whole grain)
LUNCH	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Baked Sliced Chicken (1 Oz)	Beefaroni	Picadillo	Lasagna (with Ground Turkey or Beef)	Arroz Con Pollo
	Vegetable 	Fresh Sweet Potato (not instant)	Cooked Carrots	Corn	Mixed Vegetables	Green Beans (fresh/frozen. not canned)
	Fruit or Vegetable 	Fresh Broccoli Florets Ranch Dip	Applesauce	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon ~ no bananas/apples)	Mandarin Oranges	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup) <i>Honey Mustard Dressing</i>
	Grains 	100% Whole Grain Bread <i>Butter or Marg.</i>	Macaroni (in entree) Garlic Bread	Congri; Cuban Bread	Soft Roll	Rice (in entree)
SNACK	Milk 		Milk			
	Meat/Meat Alternate 	Yogurt 4 Oz			Sliced Turkey (1½ oz)	
	Vegetable 					
	Fruit/Juices 	Fruit Cocktail		Peaches		Fresh Orange Wedges
	Grains 		Blueberry Muffin	Cheese Crackers	100% Whole Grain Bread (1 slice) Mayo & Mustard	Animal Crackers

# Brighton Academy

No Pork, No Peanut

Pompano

Week Two		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Cheddar Cheese Slice (1 Oz)			Hard Boiled Egg (½ egg)	
	Vegetable/Fruit/Juice 	Pineapple	Fruit Cocktail	Fresh Orange Wedges	Banana (1 whole)	Peaches
	Grains 	Rice Chex Cereal (whole grain-rich)	Plain Bagel <i>Cream Cheese</i>	100% Whole Grain Bread (1 slice) <i>Butter or Marg.</i>	English Muffin <i>Butter or Marg. &amp; Jelly</i>	Barry Berry Kix Cereal (whole grain-rich)
LUNCH	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Roast Turkey Slices	Chicken Nuggets <i>Ketchup</i>	Hamburger (Lettuce and Tomato)	Fricassee de Pallo	Turkey Cuban Sandwich (Turkey Ham, Swiss Cheese, Pickles)
	Vegetable 	Peas and Carrots (frozen, not canned)	Steamed Broccoli (fresh/frozen. not canned)	Green Beans	Baby Carrots <i>Ranch Dressing</i>	Roasted New Potatoes
	Fruit or Vegetable 	Pears	Applesauce	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon ~ no bananas/apples)	Red Beans	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup) <i>Honey Mustard Dressing</i>
	Grains 	Moros	100% Whole Grain Bread	Bun <i>Ketchup</i>	Brown Rice (100% whole grain)	Cuban Bread <i>Mayo &amp; Mustard</i>
SNACK	Milk 	Milk				
	Meat/Meat Alternate 			Soynut Butter Ages 1-5 : 1 Tbsp Ages 6 and up : 2 Tbsp	Sliced Turkey (1½ oz)	Yogurt 4 Oz
	Vegetable 					
	Fruit/Juices 		100% Orange Juice	Fresh Apple Slices		
	Grains 	Cuban Crackers	Corn Muffin		100% Whole Grain Bread (1 slice) Mayo & Mustard	Graham Crackers (plain or honey)

# Brighton Academy

No Pork, No Peanut

Pompano

Week Three		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Mozzarella Cheese Slice (1 Oz)		Yogurt 4 Oz		Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice 	Peaches	Mandarin Oranges	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon ~ no bananas/apples)	Cinnamon Apples	Banana (1 whole)
	Grains 	Original Cheerios (100% Whole Grain)	Raisin Bread (1 slice; plain, no icing) <i>Butter or Marg.</i>	Blueberry Muffin	Frosted Mini Wheats Little Bites Original Cereal (100% whole grain)	100% Whole grain English Muffin <i>Butter or Marg. &amp; Jelly</i>
LUNCH	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Ropa Vieja	Breaded Chicken Patty	Meatloaf (beef or turkey) <i>Ketchup</i>	Spaghetti & Meat Sauce with Ground Turkey or Beef	Pizza
	Vegetable 	Black Beans	Green Peas	Fresh Mashed Potato (not instant)	Steamed Baby Carrots (fresh/frozen. not canned)	Mixed Vegetables
	Fruit or Vegetable 	Pineapple	Fresh Apple Slices	Fruit Cocktail	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup <i>Ranch Dressing</i>	Pears
	Grains 	Rice	Soft Roll	100% Whole Grain Bread	Spaghetti (in entree); Garlic Bread	Pizza Crust (in entree)
SNACK	Milk 		Milk		Milk	
	Meat/Meat Alternate 	Yogurt 4 Oz	Provolone Cheese Slice	Sliced Turkey (1½ oz)		Cheese Stick
	Vegetable 					
	Fruit/Juices 			100% Grape Juice		Fresh Orange Slices
	Grains 	Graham Crackers (plain or honey)	100% Whole Wheat Tortilla	Assorted Crackers	Animal Crackers	

# Brighton Academy

No Pork, No Peanut

Pompano

Week Four		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Yogurt 4 Oz		Cheddar Cheese Slice (1 Oz)		
	Vegetable/Fruit/Juice 	Fruit Cocktail	Applesauce	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon ~ no bananas/apples)	100% Apples Juice	Banana (1 whole)
	Grains 	Life Original Cereal (whole grain-rich)	Blueberry Muffin	100% Whole grain English Muffin	100% Whole grain Bread <b>Butter or Marg.</b>	Multi Grain Cheerios (100% whole grain)
LUNCH	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Roast Beef	Breaded Fish <b>Ketchup</b>	Picadillo	Baked Chicken	Hamburger (Lettuce and Tomato)
	Vegetable 	Green Peas	Steamed Baby Carrots	Yucca	Butternut Squash	Oven Fried Potatoes
	Fruit or Vegetable 	Pineapple	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup) <b>Italian Dressing</b>	Mixed Vegetables	Fresh Broccoli Florets <b>Ranch Dip</b>	Pears
	Grains 	White Rice	Soft Roll	Congri	Cuban Bread	Bun <b>Mustard Mayo, Ketchup</b>
SNACK	Milk 	Milk		Milk		
	Meat/Meat Alternate 	Sliced Turkey (1½ oz)	Cheddar Cheese Slice			Yogurt Dip (2 Oz vanilla yogurt with drained sliced peaches)
	Vegetable 					
	Fruit/Juices 			Fresh Orange Wedges	Fresh Apple Slices	
	Grains 	100% Whole Grain Crackers	100% Whole Grain Bread		Cheese Crackers	Graham Crackers (plain or honey)

# Brighton Academy

No Pork, No Peanut

Pompano

Week Five		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Cheddar Cheese Slice (1 Oz)				Hard Boiled Egg (½ egg)
	Vegetable/Fruit/Juice 	Fruit Cocktail	Pineapple	Pears	Banana (1 whole)	Mandarin Oranges
	Grains 	Blueberry Muffin (whole grain-rich)	Whole Grain-Rich Bagel <i>Cream Cheese</i>	Cinnamon Chex Cereal (whole grain-rich)	Original Cheerios (100% whole grain)	100% whole grain Bread <i>Butter or Marg.</i>
LUNCH	Milk 	Milk	Milk	Milk	Milk	Milk
	Meat/Meat Alternate 	Chicken in Gravy or Sauce	Beef Empanada	Ravioli	Cuban Stew (with beef)	Chicken Nuggets <i>Honey Mustard</i>
	Vegetable 	Peas and Carrots	Plantains	Broccoli, Cauliflower, Carrots	Mixed Vegetables	Fresh Mashed Potato (not instant)
	Fruit or Vegetable 	Peaches	Fresh Tomato Slices	Tangerine/Clementine Slices (Fresh)	Seasonal Fresh Fruit (Cantaloupe, honeydew, mango, pineapple, strawberries, watermelon ~ no bananas/apples)	Salad (Spinach, Romaine, Tomato, Cucumber) ½ cup) <i>Honey Mustard Dressing</i>
	Grains 	Macaroni and Cheese	Congri	100% Whole Grain Roll	Moros	Soft Roll
SNACK	Milk 			Milk		
	Meat/Meat Alternate 	Sliced Turkey (1½ oz)			Mozzarella Stick	Yogurt 4 Oz
	Vegetable 					
	Fruit/Juices 	100% Orange Juice	Fresh Apple Slices		Applesauce	
	Grains 	Saltine Crackers	Cheese Crackers	Animal Crackers		Graham Crackers (plain or honey)