



# POLITZ HEBREW ACADEMY

04/01/2024 - 04/30/2024



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3	4	5
<b>Breakfast</b>	Vanilla Croissant (WG) X 2, Mandarin, Milk	Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	Cinn Flakes Cereal (WG) X 2, Mandarin, Milk
<b>Lunch</b>	Mac & Cheese, Sliced Cheese, Romaine Lettuce/Dressing, Pears, Milk	Baked Ziti, String Cheese, Cherry Tomatoes, Apple, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Corn Cups, Banana, Milk	Fish Sticks, Pasta (WG), Broccoli, Strawberry Apple Sauce, Milk	Pizza Stick (WG), String Cheese Snack Carrots/Hummus, Apple Wedges, Milk
	8	9	10	11	12
<b>Breakfast</b>	Vanilla Croissant (WG) X 2, Mandarin, Milk	Cinnamon Danish (WG), Orange, Milk	Yogurt, Fruit Cup, Milk	Frosted Flakes Cereal (WG) X 2, Pears, Milk	Cinn Flakes Cereal (WG) X 2, Mandarin, Milk
<b>Lunch</b>	Mac & Cheese, Sliced Cheese, Romaine Lettuce/Dressing, Pears, Milk	Cheese Ravioli, String Cheese, Cherry Tomatoes, Apple, Milk	Pizza Bagels x 2 (WG), Sliced Cheese, Corn Cups, Banana, Milk	Fish Sticks, Rice (WG), Broccoli, Strawberry Apple Sauce, Milk	Pizza Stick (WG), String Cheese Snack Carrots/Hummus, Apple Wedges, Milk
	15	16	17	18	19
<b>Breakfast</b>	Vanilla Croissant (WG) X 2, Mandarin, Milk	Cinnamon Danish (WG), Orange, Milk			
<b>Lunch</b>	Mac & Cheese, Sliced Cheese, Romaine Lettuce/Dressing, Pears, Milk	Baked Ziti, String Cheese, Cherry Tomatoes, Apple, Milk	<u>CLOSE</u>	<u>CLOSE</u>	<u>CLOSE</u>
	22	23	24	25	26
<b>Breakfast</b>					
<b>Lunch</b>	<u>CLOSE</u>	<u>CLOSE</u>	<u>CLOSE</u>	<u>CLOSE</u>	<u>CLOSE</u>
	29	30			
<b>Breakfast</b>					
<b>Lunch</b>	<u>CLOSE</u>	<u>CLOSE</u>			

Site Name: \_\_\_\_\_

Signature: \_\_\_\_\_



# MEAL PATTERNS



## Breakfast

Serve Milk, Grains\*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup whole milk	3/4 cup 1% milk	1 cup 1 % milk	1 cup 1 % milk
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 serving   1/2 oz eq	1/2 serving   1/2 oz eq	1 serving   1 oz eq	2 servings   2 oz eq

*\*Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.*

## Lunch

**WE SERVE FAT FREE CHOCOLATE MILK & 1% WHITE MILK**

COMPONENT	K-GRADE 5TH	GRADE 6TH-8TH	GRADE 9TH-12TH	GRADE K-8TH
<u>MILK</u>	1 CUP	1 CUP	1 CUP	1 CUP
<u>VEGETABLES</u>	3/4 CUP	3/4 CUP	1 CUP	3/4 CUP
<u>FRUIT</u>	1/2 CUP	1/2 CUP	1 CUP	1/2 CUP
<u>MEAT/MEAT ALTERNATES</u>	1 OZ	1 OZ	2 OZ	1 OZ
<u>GRAINS</u>	1 OZ	1 OZ	2 OZ	1 OZ

*\*oz eq = ounce equivalents*