

SAMPLE MENU - On Call Meal Solutions

DIRECT SHIP - WEEKLY MENU

<i>Saturday</i>	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Snack	Snack	Snack	Snack	Snack	Snack	Snack
½ C Applesauce Cup(13CHO) Graham Cracker (11 CHO) (1 WG)	½ C 100% Fruit Juice (14 CHO) Goldfish Graham (14 CHO) (1WG)	½ C Fresh Apple (18 CHO) Teddy Grahams (16 CHO) (1 WG)	½ C Fresh Orange(21 CHO) Cinnamon Elf Grahams (21 CHO) (1WG)	½ C Applesauce Cup(13CHO) Cheez Its (14 CHO) (1WG)	½ C Fresh Apple (18 CHO) Chocolate Bear Graham Cracker (20 CHO) (1 MMA)	½ C Fresh Orange(21 CHO) Animal Crackers (22 CHO) (1 WG)
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
½ C 100% Fruit Juice (14 CHO) Cheerio Cereal (21 CHO) (1 WG) (24 CHO)	½ C 100% Fruit Juice (14 CHO) Golden Graham Cereal (1 WG) (30 CHO)	½ C 100% Fruit Juice (14 CHO) Cocoa Puff Cereal RS (1 oz WG) (25 CHO)	½ C 100% Apple Juice (14 CHO) Cinnamon Toast Crunch Cereal (28 CHO) (1 WG)	½ C 100% Fruit Juice (14 CHO) Trix Cereal RS (1 oz WG) (24 CHO)	½ C 100% Fruit Juice (14 CHO) Frosted Flakes Cereal (25 CHO) (1WG)	½ C 100% Fruit Juice (14 CHO) Frosted Pop-Tart (1 WG) (36 CHO)
Lunch - Pancakes	Lunch - Chicken Nuggets	Lunch - Hamburger	Lunch - Bosco Sticks	Lunch - Double Stuffed Pizza	Lunch - Chicken Nuggets	Lunch - Pancakes
½ C Fresh Apple (18 CHO) ½ C Hash Brown Patty (15 CHO) Pancakes (2E) (26 CHO) (2WG) (2E) (2 M) Sausage Links (2 E) (>1 CHO) Ketchup Packet (2CHO) Syrup Cup (31 CHO)	½ C Fresh Orange (21 CHO) ½ C Diced Carrots (6CHO) Chicken Nuggets (5E) (14 CHO) (1 WG/2 M) Graham Cracker (11 CHO) (1 WG) BBQ Packet (4 CHO)	½ C Strawberry Craisin(28 CHO) ¼ C Carrots (3 CHO) ¼ Corn (6 CHO) Patty (15 CHO) Beef Patty (2CH) (2M) Hamburger Bun (25 CHO) (2 WG) Ketchup Packet (2 CHO)	½ C Strawberry Craisin(28 CHO) ½ C Hash Brown Bosco Sticks (2E) (28 CH) (2 E) (2 WG/1 MMA) Marinara Cup (4 CHO) (2 CHO)	½ C Applesauce Cup(13CHO) ½ Corn (12 CHO) Double Stuffed Pizza (30 CHO) (2WG/ 2MMA)	½ C Strawberry Craisin(28 CHO) ½ C Wango Mango Juice (13 CHO) Chicken Nuggets (5E) (14 CHO) (1 WG/2 M) Graham Cracker (11 CHO) (1 WG) BBQ Packet (4 CHO)	½ C 100% Fruit Juice (14 CHO) ½ C Hash Brown Patty (15 CHO) Pancakes (2E) (26 CHO) (2WG) (2E) (2 M) Sausage Links (2 E) (>1 CHO) Ketchup Packet (2CHO) Syrup Cup (31 CHO)

*Menu Subject to Change**
Served with 1% White & 1% Chocolate
On Call Meal Solutions
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 This institution is an equal opportunity provider.