

Klamath Tribes Menu

Week One

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 1) GRAINS or MEAT/MA 2) VEGETABLE/FRUIT 3) FLUID MILK 4) OTHER FOODS	OATMEAL BLUEBERRIES MILK WHOLE WHEAT TOAST	<i>FRUITY BREAKFAST PARFAIT</i> YOGURT BANANAS/STRAWBERRIES/PINEAPPLE MILK	<i>BREAKFAST CASSEROLE</i> SCRAMBLED EGGS STRAWBERRIES MILK HAM & SWISS CHEESE	<i>FABULOUS FRUIT MUFFINS</i> FRUIT MUFFIN APPLESAUCE MILK	<i>FRENCH TOAST</i> WHOLE WHEAT BREAD BANANAS MILK RAISINS
LUNCH 1) FLUID MILK 2) MEAT/MA 3) VEGETABLE 4) FRUIT/VEGETABLE 5) GRAINS	<i>HAM & CHEESE SANDWICH</i> MILK SLICED HAM & CHEESE BROCCOLI PEACHES WHOLE WHEAT BREAD	<i>MEATLOAF</i> MILK GROUND BEEF & TURKEY MASHED POTATOES MANDARIN ORANGES FEATHER ROLLS	<i>CHICKEN POSOLE</i> MILK CHICKEN/HOMINY GREEN BEANS PEARS WHOLE WHEAT TORTILLA	<i>SPAGHETTI</i> MILK GROUND BEEF SAUCE CARROTS PINEAPPLE ENRICHED SPAGHETTI	<i>CHICKEN SOUP</i> MILK CHICKEN CORN/PEAS/GREEN BEANS STRAWBERRIES FEATHER ROLLS
PM SNACK (2 OF THE 5) 1) FLUID MILK 2) MEAT/MA 3) FRUIT 4) VEGETABLE 5) GRAINS 6) OTHER	STRING CHEESE ORANGES BREADSTICKS	TURKEY SLICES & CHEESE RITZ CRACKERS	BOILED EGGS CUCUMBERS RITZ CRACKERS	<i>QUESADILLA</i> ORANGES WHOLE WHEAT TORTILLA SHREDDED CHEESE	REFRIED BEANS WHOLE WHEAT PITA BREAD

ECDC IS AN EQUAL OPPORTUNITY PROVIDER

BREASTMILK OR APPROVED FORMULA FOR INFANTS
 WHOLE MILK FOR 12-24 MONTHS & 1% MILK FOR 36+ MONTHS

Klamath Tribes Menu

Week Two

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 1) GRAINS or MEAT/MA 2) VEGETABLE/FRUIT 3) FLUID MILK 4) OTHER FOODS	CHEERIOS MANDARIN ORANGES MILK	<i>HANDMADE GRANOLA</i> ROLLED OATS APPLESAUCE MILK	<i>BREAKFAST SANDWICH</i> WW BREAD PEARS MILK SLICED HAM & CHEESE	WHOLE GRAIN BANANA MUFFINS PINEAPPLE MILK	SCRAMBLED EGGS SLICED APPLES MILK
LUNCH 1) FLUID MILK 2) MEAT/MA 3) VEGETABLE 4) FRUIT/VEGETABLE 5) GRAINS	<i>CHEESEY TURKEY CASSEROLE</i> MILK GROUND TURKEY & CHEESE PEAS AND CARROTS APPLES ENRICHED PASTA	<i>SLOPPY JOES</i> MILK SLOPPY JOE MIX GREEN BEANS PEARS WW BREAD	<i>CHICKEN & WHITE BEAN CHILI</i> MILK CHICKEN & WHITE BEAN GREEN SALAD APPLESAUCE CORN BREAD	<i>SPAGHETTI</i> MILK GROUND TURKEY PEAS AND CARROTS BLUEBERRIES ROTINI	<i>CHICKEN TACOS</i> MILK BAKED CHICKEN CABBAGE SLAW PINEAPPLE WW TORTILLAS
PM SNACK (2 OF THE 5) 1) FLUID MILK 2) MEAT/MA 3) FRUIT 4) VEGETABLE 5) GRAINS 6) OTHER	YOGURT BLUEBERRIES	<i>EGG SALAD</i> BOILED EGGS PINEAPPLE	MANDARIN ORANGES BREADSTICKS MARINARA SAUCE	CARROT/CELERY STICKS PEANUT BUTTER/RAISINS	PEARS GOLDFISH CRACKERS

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Week Three

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 1) GRAINS or MEAT/MA 2) VEGETABLE/FRUIT 3) FLUID MILK 4) OTHER FOODS	WHOLE WHEAT BAGEL PEACHES MILK CREAM CHEESE	PANCAKES BANANAS MILK	SCRAMBLED EGGS & SAUSAGE GRAPES MILK WHOLE WHEAT TORTILLA	<i>FRUITY OATMEAL</i> ROLLED OATS APPLES & RAISINS MILK	CHEERIOS CEREAL BLUEBERRIES MILK
LUNCH 1) FLUID MILK 2) MEAT/MA 3) VEGETABLE 4) FRUIT/VEGETABLE 5) GRAINS	<i>LASAGNA</i> MILK GROUND TURKEY BROCCOLI PINEAPPLE ENRICHED PASTA	<i>BEEF BURRITO</i> MILK GROUND BEEF/CHEESE CARROTS STRAWBERRIES WHOLE WHEAT TORTILLA	<i>SWEET & SOUR CHICKEN</i> MILK BAKED CHICKEN ASPARAGUS MANGOS BROWN RICE	<i>MEXICAN PASTA</i> MILK GROUND TURKEY/CHEESE GREEN SALAD PEACHES ENRICHED ELBOW MAC	<i>TURKEY SANDWICH</i> MILK SLICED TURKEY & CHEESE PEAS PEARS WHOLE WHEAT BREAD
PM SNACK (2 OF THE 5) 1) FLUID MILK 2) MEAT/MA 3) FRUIT 4) VEGETABLE 5) GRAINS 6) OTHER	BOILED EGGS CUCUMBERS RITZ CRACKERS	SLICED TURKEY & CHEESE MANDARIN ORANGES	CELERY WHOLE GRAIN GOLDFISH CRACKERS CREAM CHEESE	<i>ANTS ON A LOG</i> PEARS CELERY PEANUT BUTTER/RAISINS	REFRIED BEANS WHOLE WHEAT PITA BREAD

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Week Four

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 1) GRAINS or MEAT/MA 2) VEGETABLE/FRUIT 3) FLUID MILK 4) OTHER FOODS	<i>FRENCH TOAST</i> WHOLE WHEAT BREAD STRAWBERRIES MILK	EGGS & SAUSAGE CANTALOUPE MILK WHOLE WHEAT BREAD	<i>BREAKFAST SANDWICH</i> WHOLE WHEAT ENGLISH MUFFINS ORANGES MILK SLICED CHEESE & HAM	SCRAMBLED EGGS PEARS MILK WHOLE WHEAT TORTILLAS	OATMEAL BANANAS MILK RAISINS
LUNCH 1) FLUID MILK 2) MEAT/MA 3) VEGETABLE 4) FRUIT/VEGETABLE 5) GRAINS	<i>ENCHILADA CASSEROLE</i> MILK REFRIED BEANS & CHEESE CORN APPLESAUCE CORN TORTILLAS	MILK BAKED CHICKEN BROCOLI, CUCUMBER PEARS PASTA SALAD ENRICHED RAINBOW ROTINI	MILK BAKED BEANS GREEN SALAD MANGO CORN BREAD	<i>HAM & CHEESE SANDWICH</i> MILK SLICED HAM & CHEESE GREEN BEANS STRAWBERRIES WHOLE WHEAT BREAD	<i>MEAT PIZZA</i> MILK GROUND TURKEY ASPARAGUS PINEAPPLE PIZZA DOUGH
PM SNACK (2 OF THE 5) 1) FLUID MILK 2) MEAT/MA 3) FRUIT 4) VEGETABLE 5) GRAINS 6) OTHER	<i>EGG SALAD</i> BOILED EGGS RITZ CRACKERS	STRING CHEESE STRAWBERRIES RITZ CRACKERS	APPLES GRAHAM CRACKERS PEANUT BUTTER	<i>QUESADILLAS</i> ORANGES WHOLE WHEAT TORTILLAS SHREDDED CHEESE	BOILED EGGS MANDARIN ORANGES

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Week Five

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 1) GRAINS or MEAT/MA 2) VEGETABLE/FRUIT 3) FLUID MILK 4) OTHER FOODS	<i>FRUITY BREAKFAST PARFAIT</i> YOGURT BANANAS/STRAWBERRIES/PINEAPPLE MILK	<i>BREAKFAST CASSEROLE</i> HAM & SWISS CHEESE APPLES MILK SCRAMBLED EGGS	CHEX CEREAL PEACHES MILK	PANCAKES BLUEBERRIES MILK	<i>HANDMADE GRANOLA BAR</i> ROLLED OATS PINEAPPLE MILK
LUNCH 1) FLUID MILK 2) MEAT/MA 3) VEGETABLE 4) FRUIT/VEGETABLE 5) GRAINS	<i>CHICKEN SOUP</i> MILK CHICKEN CORN/PEAS/GREEN BEANS ORANGES FEATHER ROLLS	<i>SPAGHETTI</i> MILK GROUND TURKEY SAUCE GREEN BEANS MANGO ENRICHED SPAGHETTI	<i>MEATLOAF</i> MILK GROUND BEEF & TURKEY MASHED POTATOES CANTALOUPE FEATHER ROLLS	<i>CHICKEN SOFT TACOS</i> MILK CHICKEN ROASTED SQUASH PEARS BROWN RICE WHOLE WHEAT TORTILLA	<i>ALBONDIGAS</i> MILK BEEF/TURKEY MEATBALLS CARROTS/CABBAGE/CELERY/ZUCHINI WALDORF SALAD WHOLE WHEAT TORTILLAS
PM SNACK (2 OF THE 5) 1) FLUID MILK 2) MEAT/MA 3) FRUIT 4) VEGETABLE 5) GRAINS 6) OTHER	MILK BANANAS BREADSTICKS MARINARA SAUCE	TURKEY SLICES AVACADO	<i>QUESADILLA</i> STRAWBERRIES WHOLE WHEAT TORTILLA SHREDDED CHEESE	BOILED EGGS CUCUMBERS	YOGURT STRAWBERRIES GRAHAM CRACKERS

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Week Six

MEAL PATTERN

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

- 1) GRAINS or MEAT/MA
- 2) VEGETABLE/FRUIT
- 3) FLUID MILK
- 4) OTHER FOODS

OATMEAL
STRAWBERRIES
MILK

WHOLE GRAIN
BANANA MUFFINS
BLUEBERRIES
MILK

EGGS & SAUSAGE
GRAPES
MILK
WHOLE WHEAT TORTILLA

CREAM CHEESE
MANGO
MILK
WHOLE WHEAT BAGEL

FRENCH TOAST
WHOLE WHEAT BREAD
BANANAS
MILK
RAISINS

LUNCH

- 1) FLUID MILK
- 2) MEAT/MA
- 3) VEGETABLE
- 4) FRUIT/VEGETABLE
- 5) GRAINS

TURKEY SANDWICH
MILK
SLICED TURKEY & CHEESE
GREEN SALAD
CANTALOUPE
WHOLE WHEAT BREAD

SWEET & SOUR CHICKEN
MILK
BAKED CHICKEN
ASPARAGUS
MANGO
BROWN RICE

SLOPPY JOES
MILK
GROUND BEEF
CARROTS
PEARS
WHOLE WHEAT BUN

CHICKEN/WHITE BEAN CHILI
MILK
CHICKEN & NAVY BEANS
GREEN BEANS
APPLES
CORN BREAD

LASAGNA
MILK
GROUND TURKEY
BROCCOLI
PINEAPPLE
ENRICHED LASAGNA
NOODLES

PM SNACK

(2 OF THE 5)

- 1) FLUID MILK
- 2) MEAT/MA
- 3) FRUIT
- 4) VEGETABLE
- 5) GRAINS
- 6) OTHER

REFRIED BEANS

WHOLE WHEAT PITA BREAD

TURKEY WRAPS

SLICED TURKEY & CHEESE
ORANGES

WHOLE WHEAT TORTILLA

SLICED AMERICAN CHEESE

BREAD STICKS

COTTAGE CHEESE
PEACHES

STRING CHEESE
STRAWBERRIES

RITZ CRACKERS

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