



POLITZ HEBREW ACADEMY

03/01/2024 - 03/30/2024

March

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
					1
Breakfast					Cinn Flakes Cereal (WG) X 2 , Mandarin , Milk
Lunch					Pizza Stick (WG), String Cheese Snack Carrots/Hummus, Apple Wedges, Milk
	4	5	6	7	8
Breakfast	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
Lunch	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
	11	12	13	14	15
Breakfast	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
Lunch	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	Lasagna Rolls (WG), String Cheese Snack Carrots/Hummus, Apple Wedges, Milk
	18	19	20	21	22
Breakfast	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
Lunch	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
	25	26	27	28	29
Breakfast		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
Lunch	CLOSE	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

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*