

**worksneer for 5-day Cycle Menu Planning: Children's Hospital**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>breakfast:</b>					
Fruit/juice (1 ea)	1. Orange Juice*	1. Grape Juice	1. Cranberry Juice	1. Apple Juice	1. Orange Juice*
Hot Cereal (1)	2. Banana 1. Old Fashioned Oatmeal	2. Raspberries and Blueberries*	2. Orange Slices*	2. Cantaloupe** 1. Quinoa Hot Cereal Flakes	2. Strawberries*
Entrees (2)	2. Asst. Cold Cereal 1. Cheese and Bacon Omelet	1. Oat Bran 2. Asst. Cold Cereal	1. Whole Grain Cream of Wheat 2. Asst. Cold Cereal	1. Cheese Omelet 2. Whole grain Crepes	1. Buckwheat Creamy 2. Asst. Cold Cereal
Sides (3)	2. French Toast 1. Banana Whole wheat Muffins	1. Potato-Ham Omelet 2. Whole Grain Waffle	1. Egg and Sausage Bake 2. Blueberry Pancakes	1. Dutch Apple Coffee cake 2. Turkey Sausage	2. Whole Wheat Panc 1. Date Nut Bread
Toast (1)	2. Sausage	1. Oatmeal Muffins 2. Plain Bagel with Cream Cheese	1. Poppy Seed-Yogurt Muffins 2. Hash browns	3. Low Fat Strawberry Yogurt 4. Asst. Toast	2. Grilled Ham Side 3. Cheese Biscuits
Beverage (1)	3. Scalloped Potatoes 4. Asst. Toast C.T.M.	3. Bacon 4. Asst. Toast C.T.M.	3. Buttermilk Biscuits 4. Asst. Toast C.T.M.	C.T.M.	4. Asst. Toast C.T.M.
<b>unch:</b>					
Soup/Salad (1 ea)	1. Basic Mixed Green Salad with added Tomatoes	1. Marinated Garden Salad 2. Vegetable Soup	1. Cauliflower Broccoli Salad 2. New England Clam Chowder	1. Spinach Cheese Salad* 2. Chicken noodle ABC soup	1. Tossed Vegetable Sc 2. Minestrone Soup
Entrees (2)	2. Split Pea Soup 1. Cold Sliced Turkey & Cheese Sandwich on Whole Grain Bread	1. Chicken Nuggets 2. Bean, Cheese & Brown Rice Burrito	1. Grilled Ham and Cheese Sandwich on whole grain bread 2. Veggie Dog with hot dog bun	1. Breaded Fish Fillets & Chips (fresh cut French fries) 2. Peanut Butter and Jelly on Whole Grain bread	1. Sweet Sour Pork over 2. Whole Grain Cheese
Vegetables (2)	2. Cheese Quesadilla with a side of Mexican brown rice	1. Oven Roasted Potatoes 1. Peas 2. Snap Peas and Grape Tomatoes	2. Veggie Dog with hot dog bun	2. Peanut Butter and Jelly on Whole Grain bread 1. Fresh Cut French Fries	1. Starch included with 1. Cucumber slices 2. Broccoli and Cauliflo
Starch (2)	1. Starch served with entrees	1. Peas 2. Snap Peas and Grape Tomatoes	1. Green Beans 2. Corn on the cob	1. Coleslaw 2. Baby Carrots**	1. Fruit and Cheese 2. Chocolate Doughnu
Desserts (2)	1. Celery Stalks and Carrot Slices**	1. Whole Grain Brownies 2. Fruitcake with whole fruit	1. Baked Apples 2. Marshmallow Krispie Squares	1. Frozen Fruit Yogurt 2. Oatmeal Raisin Cookie	2. Sparking Flavored W 1. Asst. Bread
Bread (1)	2. Bell Pepper Strips 1. Chocolate Chip Cookie	2. Punch 1. Asst. Bread C.T.M.	2. Strawberry Milk 1. Asst. Bread C.T.M.	2. Chocolate Milk 1. Asst. Bread C.T.M.	C.T.M.
Beverage (1)	2. Lemonade 1. Asst. Bread C.T.M.				
<b>dinner:</b>					
Soup/Salad (1 ea)	1. Hearty Beef Vegetable Soup	1. Beef Noodle Soup 2. Tossed Vegetable Salad with added strawberries	1. Garden Chili 2. Basic Mixed Green Salad	1. Tomato Rice Soup 2. Tossed Vegetable Salad on Mixed Greens	1. Cream of Chicken S 2. Basic Mixed Green S
Entrees (2)	2. Tender Greens and Fruit Salad	1. Vegetarian Lasagna (starch included) 2. Meatloaf	1. Pasta with Cheese sauce 2. Chicken Teriyaki over White Rice	1. Spaghetti and Meatballs 2. Chicken Pot Pie	1. Pasta Wheels and Ve 2. Chicken Crepes
Vegetables (2)	1. Marconi and Cheese 2. Cheeseburger on Whole Wheat Bun	1. Potato Salad 1. Parsley Buttered Carrots	1. Starch included with entrees 1. Seasoned Peas	1. Starch included with entrees 1. Green Bean Casserole	1. Potato Pancakes 1. Seasoned Green Bec
Starch (2)	1. French Fries	2. Marinated Tomatoes** 1. Chocolate Ice Cream	2. Sliced cucumber and onion in sour cream 1. Applesauce cake	2. Marinated Mushrooms 1. Chocolate Cupcake	2. Vegetable Collage 1. Ice Cream Roll
Desserts (2)	1. Baked Beans 2. Marinated Carrots**	2. Angel food cake with strawberries 1. Ginger Ale	2. Whole Wheat Sugar cookie 2. Fruit Juice	2. Date Bar 1. Strawberry Milk	2. Fresh Strawberry Pie 1. Fruit Juice
Bread (1)	1. Vanilla Ice cream	1. Asst. Bread	1. Asst. Bread	1. Asst. Bread C.T.M.	1. Asst. Bread C.T.M.
Beverage (1)	2. Bowl of Fresh Fruit 1. Chocolate milk 1. Asst. Bread				