



2017 BREAKFAST

Monday

Tuesday

Wednesday

Thursday

Friday

| | | | | |
|--|--|---|---|---|
| <p>*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements</p> | | <p>1 Wholegrain Pancakes w/PC Syrup orange fresh 4oz milk 1% 8oz</p> | <p>2 Bran Flakes banana fresh 4oz milk 1% 8oz</p> | <p>3 Wholegrain Waffle w/PC Syrup pear fresh 4oz milk 1% 8oz</p> |
| <p>6 Whole Wheat Cereal 3/4 cup clementine fresh 4oz milk 1% 8oz</p> | <p>7 W/G Corn Muffin orange fresh 4oz milk 1% 8oz</p> | <p>8 Bagel W/ Cream cheese banana fresh 4oz milk 1% 8oz</p> | <p>9 Toastie Oats 3/4 cup clementine fresh 4oz milk 1% 8oz</p> | <p>10 Wholegrain French Toast w/PC Syrup pear fresh 4oz milk 1% 8oz</p> |
| <p>13 Whole Wheat Cereal 3/4 cup clementine fresh 4oz milk 1% 8oz</p> | <p>14 Wholegrain Apple Muffin peach fresh 4oz milk 1% 8oz</p> | <p>15 Wholegrain Pancakes w/PC Syrup orange fresh 4oz milk 1% 8oz</p> | <p>16 Corn Flakes 3/4 cup apple fresh 4oz milk 1% 8oz</p> | <p>17 Toastie Oats 3/4 cup apple fresh 4oz milk 1% 8oz</p> |
| <p>20 Corn Flakes 3/4 cup apple fresh 4oz milk 1% 8oz</p> | <p>21 Wholegrain Blueberry Muffin clementine fresh 4oz milk 1% 8oz</p> | <p>22 Wholegrain Pancakes w/PC Syrup orange fresh 4oz milk 1% 8oz</p> | <p>23 Toastie Oats 3/4 cup clementine fresh 4oz milk 1% 8oz</p> | <p>24 Wholegrain Waffle w/PC Syrup pear fresh 4oz milk 1% 8oz</p> |
| <p>27 Crispy Rice 3/4 cup apple fresh 4oz milk 1% 8oz</p> | <p>28 W/G Corn Muffin orange fresh 4oz milk 1% 8oz</p> | <p>29 Wholegrain French Toast w/PC Syrup pear fresh 4oz milk 1% 8oz</p> | <p>30 Bran Flakes banana fresh 4oz milk 1% 8oz</p> | <p>31 Wholegrain Waffle w/PC Syrup pear fresh 4oz milk 1% 8oz</p> |



2017 SNACK
Friday

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <p>*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements</p> | | <p>1 Cheese Itz Crackers 100%apple juice 6 oz.</p> | <p>2 Whole Grain Crackers 100%Orangepineapple juice 6 oz.</p> | <p>3 Apple Sauce Low sod. crackers water 6 oz.</p> |
| <p>6 Low Fat Yogurt 100%apple juice 6 oz.</p> | <p>7 Cheddar Cheese Crackers 100% grape juice 6 oz.</p> | <p>8 Whole Grain Animal Crackers 100%Orangepineapple juice 6 oz.</p> | <p>9 String Cheese Fresh Apple ½ cup</p> | <p>10 Apple Fruit Bar 1% Milk 8 oz.</p> |
| <p>13 Low Fat Yogurt 100%apple juice 6 oz.</p> | <p>14 Animal Crackers 100%Orangepineapple juice 6 oz.</p> | <p>15 Cheese Itz Crackers 100%apple juice 6 oz.</p> | <p>16 Assorted Graham Crackers 100% grape juice 6 oz.</p> | <p>17 Apple Sauce Low sod. crackers water 6 oz.</p> |
| <p>20 Low Fat Yogurt 100%apple juice 6 oz.</p> | <p>21 String Cheese 100%Orangepineapple juice 6 oz.</p> | <p>22 Whole Grain Animal Crackers 100%Orangepineapple juice 6 oz.</p> | <p>23 Whole Grain Crackers 100%Orangepineapple juice 6 oz.</p> | <p>24 Apple Fruit Bar 100%apple juice 6 oz.</p> |
| <p>27 Low Fat Yogurt 100%apple juice 6 oz.</p> | <p>28 Cheese Itz Crackers 100%Orangepineapple juice 6 oz.</p> | <p>29 Assorted Graham Crackers 100% grape juice 6 oz.</p> | <p>30 Cheddar Cheese Crackers 100%apple juice 6 oz.</p> | <p>31 Apple Sauce Low sod. crackers water 6 oz.</p> |



2017 LUNCH
Friday

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|
| <p>*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements</p> | | <p>1 Fish Fillet 3.5 oz. Carrot Sticks 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./peach</p> | <p>2 Chicken Breast Chunks 3.5 oz. Oriental Vegetables 3/4 cup Rice 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./orange</p> | <p>3 Cheese/Tomato Pizza Bagel CN 6 oz. Tossed Salad 3/4 cup milk 1% 8 oz./banana</p> |
| <p>6 Chicken Nuggets 3.5 oz. CN Peas 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p> | <p>7 Cheese Tortellini 4.3 oz. Ground Turkey 2 oz. Green Beans 3/4 cup milk 1% 8 oz./banana</p> | <p>8 Italian Turkey Meatballs 3.5 oz. Squash 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Pear</p> | <p>9 Baked Chicken Thighs 3.5 oz. Diced Carrots 2 oz. Yellow Rice 3/4 cup milk 1% 8 oz./Orange</p> | <p>10 Baked Ziti w/Grill Chicken Green Beans 3/4 cup milk 1% 8 oz./Orange</p> |
| <p>13 Chicken Tenders 3.5 oz. CN Mixed Vegetables 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p> | <p>14 Turkey Cheeseburger 3.5 oz. Corn 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Banana</p> | <p>15 Chicken Breast Fillet 3.5 oz. Italian Vegetables 3/4 cup 1-whole wheat bread milk 1% 8 oz./pear</p> | <p>16 Homemade Sandwiches Sliced Turkey 3.5 oz. Cheese 2 oz. /Tossed Salad 2 oz. 2-whole wheat bread milk 1% 8 oz./peach</p> | <p>17 Cheese/Tomato Pizza Bagel CN 6 oz. Tossed Salad 3/4 cup milk 1% 8 oz./banana</p> |
| <p>20 Fish Fillet 3.5 oz. Carrot Sticks 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./peach</p> | <p>21 Turkey Meatball Hero 3.5 oz. Marinara Sauce 1/4 cup Sliced Carrots 3/4 cup 1-whole wheat bun milk 1% 8 oz./banana</p> | <p>22 Grilled Chicken Breast W/ BBQ Sauce 3.5 oz. Green Beans 3/4 cup 1-whole wheat bread milk 1% 8 oz./Pear</p> | <p>23 Mac & Cheese 5 oz. Cauliflower 3/4 cup 1-whole wheat bread milk 1% 8 oz./orange</p> | <p>24 Turkey Cheeseburger 3.5 oz. Sweet Potato Fries 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Plum</p> |
| <p>27 Chicken Nuggets 3.5 oz. CN Mixed Vegetables 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p> | <p>28 Turkey Cheeseburger 3.5 oz. Sweet Potato Fries 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Plum</p> | <p>29 BBQ Chicken Drums 3.5 oz. Rice 3/4 cup Peas 3/4 cup milk 1% 8 oz./Pear</p> | <p>30 Baked Ziti 3.5 oz Green Beans 3/4 cup milk 1% 8 oz./Orange</p> | <p>31 Cheese/Tomato Pizza Bagel CN 6 oz. Tossed Salad 3/4 cup milk 1% 8 oz./banana</p> |



2017 SUPPER
Friday

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| <p>*Menu subject to change due to the availability of items. Comparable substitutions will be made. All items meet CN requirements</p> | | <p>1 Turkey Italian Meatballs 3.5 oz. Squash ¼ cup 1-Whole Wheat Bun milk 1% 8 oz./Pear</p> | <p>2 Grilled Chicken Breast W/ BBQ Sauce 3.5 oz. Green Beans 3/4 cup 1-whole wheat bread milk 1% 8 oz./Pear</p> | <p>3 Chicken Quesadilla 3.5 oz. Peas ¾ cup. milk 1% 8 oz./nectarine</p> |
| <p>6 Fish Fillet 3.5 oz. Carrot Sticks 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./peach</p> | <p>7 Baked Chicken Thighs 3.5 oz. Diced Carrots 2 oz. Yellow Rice 3/4 cup milk 1% 8 oz./Orange</p> | <p>8 Homemade Sandwiches Meat Turkey 3.5 oz. Cheese 2 oz. Tossed Salad 2 oz. 2-whole wheat bread milk 1% 8 oz./tangerine</p> | <p>9 Mac & Cheese 5 oz. Green Beans 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./pear</p> | <p>10 Turkey Cheeseburger 3.5 oz. Corn 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Plum</p> |
| <p>13 Homemade Sandwiches Sliced Turkey 3.5 oz. Cheese 2 oz. /Tossed Salad 2 oz. 2-whole wheat bread milk 1% 8 oz./peach</p> | <p>14 Chicken Tenders 3.5 oz. CN Mixed Vegetables 3/4 cup 1-whole wheat bread milk 1% 8 oz./Apple</p> | <p>15 BBQ Chicken Drums 3.5 oz. Rice ¾ cup Peas ¾ cup milk 1% 8 oz./Pear</p> | <p>16 Cheese/Tomato Pizza Bagel CN 6 oz. Tossed Salad 3/4 cup milk 1% 8 oz./banana</p> | <p>17 Grilled Chicken Breast 3.5 oz. Rice 2 oz. String Beans 3/4 cup milk 1% 8 oz./nectarine</p> |
| <p>20 Baked Tilapia 3.5 oz. Squash 3/4 cup 1-Whole Wheat Bread milk 1% 8 oz./peach</p> | <p>21 Chicken 3.5 oz. Lo Mein ¾ cup Oriental Vegetables ¾ cup milk 1% 8 oz./apple</p> | <p>22 Italian Turkey Meatballs 3.5 oz. Pasta ¾ cup Corn ¾ cup milk 1% 8 oz./Pear</p> | <p>23 Homemade Sandwiches Sliced Turkey 3.5 oz. Cheese 2 oz. /Tossed Salad 2 oz. 2-whole wheat bread milk 1% 8 oz./peach</p> | <p>24 Cheese Tortellini 4.3 oz. Ground Turkey 2 oz. Green Beans ¾ cup milk 1% 8 oz./banana</p> |
| <p>27 Homemade Sandwiches Meat Turkey 3.5 oz. Cheese 2 oz. /Tossed Salad 2 oz. milk 1% 8 oz./peach</p> | <p>28 Grilled Chicken Breast W/ BBQ Sauce 3.5 oz. Corn 3/4 cup 1-whole wheat bread milk 1% 8 oz./Pear</p> | <p>29 Mac & Cheese 5 oz. Cauliflower 3/4 cup 1-whole wheat bread milk 1% 8 oz./orange</p> | <p>30 Turkey Cheeseburger 3.5 oz. Peas & Carrots 3/4 cup 1-Whole Wheat Bun milk 1% 8 oz./Banana</p> | <p>31 Diced Chicken 3.5 oz. Lo Mein 2 oz. Mixed Vegetables 3/4 cup milk 1% 8 oz./nectarine</p> |

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