

AM/PM SNACK
FIVE LOAVES FOOD SERVICE
312 Bayview Ave.
Inwood, NY 11096
(516) 239-3925

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Grain Animal Crackersó 1 oz Apple Juice ó 4 oz	String Cheeseó 1 oz Grape Juiceó 4oz	Wheat Squares ó 2 oz Apple Juice ó 4 oz	Blueberry Muffin-1 oz Orange Juiceó 4oz	Whole Wheat Bread w/ Cheese- 2 oz Pineapple Juice ó 4oz
Whole Grain Cheese it Crackers-1 oz Orange Juiceó 4oz	Non Fat Yogurt -4 oz Apple Juice ó 4 oz	Honey Graham Crackersó 1 oz Grape Juiceó 4oz	Whole Grain Pretzels ó 1 oz Apple Juice ó 4 oz	Bread Sticks ó 2 oz Pineapple Juiceó 4oz
Ritz Crackers ó 2 oz Apple Juiceó 4oz	Corn Muffinó 1 oz Orange Juice - 4 oz	Wheat Squares -2 oz Pineapple Juiceó 4oz	Whole Grain Animal Crackers ó 1 oz Grape Juiceó 4oz	String Cheese-1 oz Apple Juiceó 4oz
Bread Sticks- 2 oz Orange Juiceó 4oz	Whole Grain Cheese It Crackers ó 1 oz Pineapple Juice ó 4 oz	Non Fat Yogurt -4 oz Apple Juiceó 4oz	Honey Graham Crackersó 1 oz Grape Juice ó 4 oz	Whole Wheat Wrap w/ Cheese -2 oz Apple Juiceó 4oz

09/01/2018 - 10/31/2018

****Five Loaves Food Service Reserves the right to substitute items of same food components****

*****All Whole Wheat or Whole Grain Products are Whole Grain Rich*****

BREAKFAST
FIVE LOAVES FOOD SERVICE
312 Bayview Ave.
Inwood, NY 11096
(516) 239-3925

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Whole Wheat English Muffin w/Butter -1 Slice Bananaó 4oz Milk 1%-6oz	Whole Grain Toasted Oatsó ½ cup Appleó 4oz Milk 1%-6oz	Whole Wheat French Toast w/ Syrup ó 1 Slice Pineapple ó 4oz Milk 1%-6oz	Rice Krispies ó ¾ cup Orangeó 4oz Milk 1%-6oz	Corn Muffin ó 1 oz Bananaó 4oz Milk 1%-6oz
Oatmeal ó ½ cup Melonó 4oz Milk 1%-6oz	Corn Flakes ó ½ cup Orangeó 4oz Milk 1%-6oz	Whole Wheat Bagel w /Jelly ó 1 Slice Bananaó 4oz Milk 1%-6oz	Whole Grain Toasted Oats ó ½ cup Appleó 4oz Milk 1%-6oz	Whole Wheat Pancake w/ Syrup ó 1 Slice Pineappleó 4oz Milk 1%-6oz
Bran Flakes ó ½ cup Watermelonó 4oz Milk 1%-6oz	Rice Krispiesó ¾ cup Bananaó 4oz Milk 1%-6oz	Whole Wheat English Muffin w/ Butter ó 1 Slice Melonó 4oz Milk 1%-6oz	Oatmeal ó ½ cup Orange- 4oz Milk 1%-6oz	Blueberry Muffin ó 1 oz Bananaó 4oz Milk 1%-6oz
Whole Wheat French Toast w/ Syrup ó 1 Slice Orangeó 4oz Milk 1%-6oz	Corn Flakes ó ½ cup Appleó 4oz Milk 1%-6oz	Whole Wheat Wrap w/Cheese ó 2 oz Melonó 4oz Milk 1%-6oz	Whole Grain Toasted Oats ó ½ cup Appleó 4oz Milk 1%-6oz	Whole Wheat Waffle w/Syrup ó 1 Slice Bananaó 4oz Milk 1%-6oz

09/01/2018 - 10/31/2018

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LUNCH
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Beef Hamburger - 3 oz Whole Wheat Bun ó 1 oz Italian Blendó 4 oz Apple -4 oz Milk 1% - 6oz	(**) Whole Grain Baked Macaroni & Cheese ó 6 oz Green Beans ó 4 oz Pineapple ó 4oz Milk 1% -6oz	Whole Grain Chicken Nuggets- 4 oz Whole Wheat Breadó 1 oz Mashed Potatoesó 4 oz Banana ó 4oz Milk 1% - 6oz	BBQ Chicken - 3 oz Brown Rice - 4 oz Carrot Sticksó 4 oz Apple ó 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizzaó 4 oz Green Salad w/ Dressingó 4 oz Orangeó 4oz Milk 1%-6oz
Whole Grain Chicken Pattyó 3 oz Whole Wheat Bun ó 1 oz Mixed Vegetablesó 4 oz Bananaó 4oz Milk 1%-6oz	(**) Turkey & Cheese ó 3 oz 6 inch Whole Wheat Wrap- 1 oz Potato Saladó 4oz Pineappleó 4oz Milk 1%-6oz	Whole Grain Bow Tie Pasta w/ Meat Sauce ó 6 oz Steamed Broccolió 4 oz Banana ó 4oz Milk 1% - 6oz	Beef Meatloaf w/ Gravyó 3 oz Brown Rice ó 4 oz Salad w/ Dressing- 4oz Apple ó 4oz Milk 1%-6oz	Whole Grain Fish Sticksó 3 oz Egg Wide Noodles ó 4 oz Celery Sticks- 4oz Orange ó 4oz Milk 1% - 6oz
Beef Meatball w/ Tomato Sauceó 3 oz Whole Wheat Bun ó 1 oz Sweet Cornó 4 oz Appleó 4oz Milk 1%-6oz	Turkey Ham & Cheese ó 3 oz Whole Wheat Bread ó 2 oz Green Salad w/ Caesar Dressing ó 4 oz Orangeó 4oz Milk 1%-6oz	(**) Whole Grain Baked Ziti w/ Cheese ó 6 oz Sweet Peas ó 4 oz Banana ó 4 oz Milk 1% - 6 oz	Grilled Chicken -3oz Brown Riceó 4oz Carrot Sticksó 4oz Melonó 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza- 4 oz Italian Blend ó 4oz Bananaó 4oz Milk 1%-6oz
Beef Cheese Burgeró 3 oz Whole Wheat Bun- 1 oz Vegetarian Beanó 4 oz Bananaó 4oz Milk 1% - 6oz	Whole Grain Chicken Nuggetsó 4 oz Egg Wide Noodles ó 4 oz Salad w/Dressing ó 4 oz Pineappleó 4oz Milk 1%-6oz	(**) Whole Grain Baked Macaroni & Cheese ó 6 oz Green Beans ó 4 oz Banana ó 4oz Milk 1% -6oz	Breaded Baked Chicken w/ Gravy ó 3 oz Brown Rice- 4oz Carrot Sticks- 4oz Orangeó 4oz Milk 1%-6oz	Open Hot Turkey w/Gravyó 3 oz Whole Wheat Bread ó 1 oz Mashed Potatoesó 4oz Appleó 4oz Milk 1% - 6oz

() 2 oz of Cheese Per Serving Size 09/01/2018 - 10/31/2018 (*) 2 oz of Meat Per Serving Size**

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ALT LUNCH
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Veggie burger - 3 oz Whole Wheat Bun ó 1 oz Italian Blendó 4 oz Apple -4 oz Milk 1% - 6oz	(**) Whole Grain Baked Macaroni & Cheese ó 6 oz Green Beans ó 4 oz Pineapple ó 4oz Milk 1% -6oz	(**) Grilled Cheese Sandwich- 3 oz Whole Wheat Breadó 2 oz Mashed Potatoesó 4 oz Banana ó 4oz Milk 1% - 6oz	BBQ Beans ó ½ cup Brown Rice - 4 oz Carrot Sticksó 4 oz Apple ó 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizzaó 4 oz Green Salad w/ Dressingó 4 oz Orangeó 4oz Milk 1%-6oz
Veggie Burgeró 3 oz Whole Wheat Bun ó 1 oz Mixed Vegetablesó 4 oz Bananaó 4oz Milk 1%-6oz	(**) Sliced Cheese ó 3 oz 6 inch Whole Wheat Wrap- 1 oz Potato Saladó 4oz Pineappleó 4oz Milk 1%-6oz	(**) Cheese Pizza ó 4 oz Steamed Broccolió 4 oz Banana ó 4oz Milk 1% - 6oz	Bean Burritoó ½ cup Whole Wheat Wrap ó 1 oz Brown Rice ó 4 oz Salad w/ Dressing- 4oz Apple ó 4oz Milk 1%-6oz	Whole Grain Fish Sticksó 3 oz Egg Wide Noodles ó 4 oz Celery Sticks- 4oz Orange ó 4oz Milk 1% - 6oz
Baked Beans w/ Tomato Sauceó ½ cup Whole Wheat Bun ó 1 oz Sweet Cornó 4 oz Appleó 4oz Milk 1%-6oz	(**) Grilled Cheese Sandwich ó 3 oz Whole Wheat Bread ó 2 oz Green Salad w/ Caesar Dressing ó 4 oz Orangeó 4oz Milk 1%-6oz	(**) Whole Grain Baked Ziti w/ Cheese ó 6 oz Sweet Peas ó 4 oz Banana ó 4 oz Milk 1% - 6 oz	Bean Burrito- ½ cup Brown Riceó 4 oz Whole Wheat Wrap -1 oz Carrot Sticksó 4oz Melonó 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza- 4 oz Italian Blend ó 4oz Bananaó 4oz Milk 1%-6oz
Veggie Burgeró 3 oz Whole Wheat Bun- 1 oz Vegetarian Beanó 4 oz Bananaó 4oz Milk 1% - 6oz	Baked Beans w/ Gravyó ½ cup Egg Wide Noodles ó 4 oz Salad w/Dressing ó 4 oz Pineappleó 4oz Milk 1%-6oz	(**) Whole Grain Baked Macaroni & Cheese ó 6 oz Green Beans ó 4 oz Banana ó 4oz Milk 1% -6oz	Veggie Meatloaf w/ Gravy ó 3 oz Brown Rice- 4oz Carrot Sticks- 4oz Orangeó 4oz Milk 1%-6oz	(**) Sliced Cheese ó 3 oz Whole Wheat Bread ó 2 oz Mashed Potatoesó 4oz Appleó 4oz Milk 1% - 6oz

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SUPPER
FIVE LOAVES FOOD SERVICE
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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Grilled Chicken- 3 oz Whole Wheat Bun ó 1 oz Mixed Vegetablesó 4 oz Pineapple -4 oz Milk 1% - 6oz	Fish Sticksó 3 oz Pasta w/ Tomato Sauce ó 4 oz Salad w/ Dressingó 4 oz Orange ó 4oz Milk 1% -6oz	(**) Whole Grain Grilled Cheese Sandwich ó 4 oz Sweet Peasó 4 oz Plum ó 4oz Milk 1% - 6oz	Baked Chicken w/ Gravy - 3 oz Brown Rice - 4 oz Steamed Broccolió 4 oz Strawberries ó 4oz Milk 1%-6oz	(**) Whole Grain Baked Ziti w/ Cheese ó 6 oz Sliced Cucumbersó 4 oz Appleó 4oz Milk 1%-6oz
Chicken Taco ó 3 oz Whole Wheat Wrapó 1 oz Lettuce, Tomato, Cheeseó 4 oz Melonó 4oz Milk 1%-6oz	(**) Whole Grain Baked Macaroni & Cheeseó 6 oz Green Beansó 4oz Appleó 4oz Milk 1%-6oz	Turkey Burger ó 3 oz Whole Wheat Bunó 1 oz Sweet Cornó 4 oz Orange ó 4oz Milk 1% - 6oz	Vegetable Lo Meinó 6 oz Carrot Sticks- 4oz Pineapple ó 4oz Milk 1%-6oz	(**) Whole Grain Cheese Pizza- 4 oz Green Salad w/ Dressingó 4 oz Banana ó 4oz Milk 1% - 6oz
Chicken Pattyó 3 oz Whole Wheat Bun ó 1 oz Sweet Peasó 4 oz Orangeó 4oz Milk 1%-6oz	Open Hot Turkey w/ Gravy ó 3 oz Mashed Potatoes ó 4 oz Whole Wheat Bread ó 1 oz Melonó 4oz Milk 1%-6oz	Turkey Meatloaf w/ Gravyó 3 oz Brown Riceó 4 oz Italian Blend ó 4 oz Pineapple ó 4 oz Milk 1% - 6 oz	(**) Grilled Cheese Sandwich ó 4 oz Celery Sticksó 4oz Appleó 4oz Milk 1%-6oz	Fish Sticks ó 3 oz Egg Wide Noodles ó 4oz Mixed Vegetables ó 4 oz Plumó 4oz Milk 1%-6oz
Grilled Chickenó 3 oz Whole Wheat Wrap- 1 oz Sliced Cucumbersó 4 oz Melonó 4oz Milk 1% - 6oz	(**) Turkey & Cheese ó 3 oz Whole Wheat Bread ó 2 oz Carrot Sticks ó 4 oz Bananaó 4oz Milk 1%-6oz	(**) Whole Grain Baked Ziti ó 6 oz Sweet Peas ó 4 oz Appleó 4oz Milk 1% -6oz	Whole Grain Chicken Nuggets ó 4 oz Mashed Potatoes- 4oz Whole Wheat Bread- 1oz Pineappleó 4oz Milk 1%-6oz	Turkey Burger -3 oz Whole Wheat Bunó 1 oz Vegetarian Beansó 4oz Bananaó 4oz Milk 1% - 6oz

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