



The Bradley Center

Cycle Menu Week 1



Daily Milk Choices:
 1% White Milk
 Fat Free Vanilla Milk
 Fat Free Chocolate Milk

| | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|--|---|---|--|
| B R E A K F A S T | Cereal and Milk Seasonal Fresh Fruit | Cottage Cheese with fruit Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk | Sausage Gravy over biscuits Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk | Breakfast on a stick Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk | Breakfast Burrito Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk | Pancakes Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk | Cereal and Milk Seasonal Fresh Fruit |
| | Buttermilk Pancakes Bacon & Sausage Potato Yogurt Parfaits Assorted Bagels and spreads Whole Grain Bread Assorted Deli Meat Sandwich on Whole Grain Bread Seasonal Fresh Fruit Choice of Milk | Chicken Sandwich Roasted Sweet Potatoes Assorted Deli Sandwiches on Whole Grain Bread Fresh Salad Bar Assorted Milk Seasonal Fresh Fruit | Chili with Corn Muffin Assorted Deli Sandwiches on Whole Grain Bread Fresh Salad Bar Assorted Milk Seasonal Fresh Fruit | Fish Sandwich Assorted Deli Sandwiches on Whole Grain Bread Fresh Salad Bar Assorted Milk Seasonal Fresh Fruit | Sloppy Joes Broccoli Slaw Salad Assorted Deli Sandwiches on Whole Grain Bread Fresh Salad Bar Assorted Milk Seasonal Fresh Fruit | Chicken Broccoli Flatbread Assorted Deli Sandwiches on Whole Grain Bread Fresh Salad Bar Assorted Milk Seasonal Fresh Fruit | Assorted Bagels and Spreads Ham BBQ Baked Lays Soft Pretzel with Cheese Salad Bar Assorted Deli Meat Sandwich on Whole Grain Bread Seasonal Fresh Fruit Choice of Milk |
| L U N C H | | | | | | | |
| D I N N E R | Assorted Deli Platter Veggies and Dip Fruit Cold Salad | Salisbury Steak Mashed Potato Green Beans Tossed Salad Seasonal Fresh Fruit Choice of Milk | Chicken Parm over Spaghetti Italian Blend Vegetable Tossed Salad Seasonal Fresh Fruit Choice of Milk | Terakiy Beef Brown Rice Tossed Salad Seasonal Fresh Fruit Choice of Milk | Roasted Turkey Smashed Potatoes Tossed Salad Seasonal Fresh Fruit Choice of Milk | Macaroni and Cheese Brussel Sprouts Seasonal Fresh Fruit Choice of Milk | Pizza Fruit Salad Deli Sandwich or PB&J |
| S N A C K | | Cereal & Milk | Grapes & Cheese Stick | Celery Sticks and PB | Whole Grain Chocolate Chip Bar Milk | Pretzels Capri Sun | |

Monday, Wednesday, & Friday
 Peanut Butter & Jelly available at Lunch and Dinner

Daily Seasonal Fresh Fruit and Vegetable Choices may include :
 Oranges, Apples
 Bananas,
 Grapes, Peaches
 Pears, Pineapple
 Mixed Fruit Cup
 Broccoli, Zucchini,
 Squash, Carrots
 Spinach, Cauliflower
 Mixed Fresh Cut
 Vegetable Blends,
 and
 other fresh fruits and vegetables that are in season. When possible, produce is purchased from local growers.

All daily bread selections are Whole Grain