

Collins Aerospace Day Academy - 5 Week Cycle Menu (Week 1)

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Grain/Bread	Waffles	Breakfast Casserole	Toast	Rice Chex	Cheerios
Fruit or Vegetable	Oranges	Mixed Berries	Pears	Banana	Fruit Cocktail
Milk, Fluid	Milk	Milk	Milk	Milk	Milk
Other Foods	Syrup		Butter/Jelly		
Infant Substitution					
Lunch					
Meat or Meat Alternative	Chicken Casserole with Veggies	Taco Meat (Beef)	Chicken Nuggets	Diced Ham	Cheese Tortellini with Marinara
Vegetable	Broccoli	Refried Beans	Sweet Potato Tots	Scalloped Potatoes	Mixed Vegetables
Fruit	Crushed Pineapple	Mango	Applesauce	Watermelon	Peaches
Grain/Bread		Tortilla	Roll	Roll	
Milk, Fluid	Milk	Milk	Milk	Milk	Milk
Vegetarian	Tofu Casserole with Veggies	Corn	Veggie Nuggets	Cottage Cheese	
Infant Substitution			Cottage Cheese		
Allergy Substituion	Chicken Breast	Plain Ground Beef		Green Beans	Hamburger w/ Bun
Snack					
Milk, fluid	Milk	Milk	Water	Milk	Water
Juice, fruit or Vegetable					
Grain/Bread	Graham Crackers	Pumpkin Bar	Tortilla	Cheese-Its	Whole Wheat Crackers
Meat or Meat alternative			Sliced Turkey & Cheese		Cheese Stick
Infant Substitution					

Collins Aerospace Day Academy - 5 Week Cycle (Week 2)

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Grain/Bread	English Muffin w/Egg	Cornflakes	Bagel	Rice Krispies	French Toast
Fruit or Vegetable	Apricots	Strawberries	Peaches	Applesauce	Crushed Pineapple
Milk, Fluid	Milk	Milk	Milk	Milk	Milk
Other Foods	Butter		Cream Cheese		Syrup
Lunch					
Meat or Meat Alternative	Baked Herb Chicken	Meatballs	Sausage Patty	Sliced Turkey	Cheese Pizza
Vegetable	California Medley	Italian Blend Vegetables	Hashbrowns	Mashed Potatoes	Peas
Fruit	Pears	Tropical Fruit Mix	Berry Blend	Fruit Cocktail	Melon Melody
Grain/Bread	Cornbread Muffin	Spaghetti & Marinara	Pancakes	Roll	
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Vegetarian	Black Bean Burger	Spaghetti & Tofu	Greek Yogurt	Black Bean Casserole	
Allergy Substituion	Bread	Hamburger with Bun	Toast	Bread	Chicken Breast
Infant Substitution			Greek Yogurt		
Snack					
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Juice, fruit or Vegetable		Apples & Caramel		Banana	
Grain/Bread	Cinnamon Toast		Animal Crackers		Pita with Veggie Cream Cheese
Meat or Meat alternative					
Infant Substitution		Watermelon			

Collins Aerospace Day Academy - 5 Week Cycle Menu (Week 3)

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Grain/Bread	Pancakes	Oatmeal	Blueberry Muffin	Breakfast Pizza	Rice Chex
Fruit or Vegetable	Cantaloupe	Blueberries	Tropical Fruit Mix	Mango	Watermelon
Milk, Fluid	Milk	Milk	Milk	Milk	Milk
Other Food	Syrup	Brown Sugar			
Lunch					
Meat or Meat Alternative	Sloppy Joes	Chicken Quesadillas	Pizza Casserole	Chicken Stir Fry	Macaroni & Cheese
Vegetable	Corn	Diced Carrots	Green Beans	Stir fry Vegetables	Peas & Carrots
Fruit	Mandarin Oranges	Strawberries	Peaches	Banana	Cantaloupe
Grain/Bread	Bun	Tortilla		Rice	
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Vegetarian	Lentil Sloppy Joes	Cheese Quesadilla	Cheese Pizza Casserole	Tofu Stir Fry	
Allergy Substitution		Chicken Breast	Turkey Burger		Hamburger
Infant Substitution			Cheese Pizza Casserole		
Snack					
Milk, fluid	Milk	Milk	Milk	Water	Milk
Juice, fruit or Vegetable				Peaches	
Grain/Bread	Elfin Crackers	Banana Bar	Cereal Mix	Club Crackers	Cinnamon Teddy Grahams
Meat or Meat alternative					
Infant Substitution					

Collins Aerospace Day Academy - 5 Week Cycle (Week 4)

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Grain/Bread	Cheerios	Biscuits & Gravy	Toast	Waffles	Scrambled Eggs
Fruit or Vegetable	Melon Medley	Mandarin Oranges	Fruit Cocktail	Banana	Strawberries
Milk, Fluid	Milk	Milk	Milk	Milk	Milk
Other Foods			Butter/Jelly	Syrup	
Lunch					
Meat or Meat Alternative	Breaded Chicken Patty	Goulash (Beef)	Barbeque Chicken	Hamburger with Cheese	Chicken Fajitas
Vegetable	Sweet Potato Tots	Cauliflower	Mixed Vegetables	Potato Wedges	Stir-Fry Vegetables
Fruit	Pears	Cantaloupe	Blueberries	Peaches	Crushed Pineapple
Grain/Bread	Bun		Roll	Bun	Tortilla
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Vegetarian	Veggie Nuggets	Black Bean Goulash	Greek Yogurt	Veggie Burger	Tofu Fajitas
Allergy Substitution		Hamburger			
Infant Substitution	Greek Yogurt				
Snack					
Milk, fluid	Milk	Milk	Milk	Water	Milk
Fruit or Vegetable		Apples & Caramel			
Grain/Bread	Soft Pretzel with Cheese		Strawberry Muffin	Ritz Crackers	Cinnamon Toast
Meat or Meat alternative				Cheese Cubes	
Infant Substitution		Watermelon			

Collins Aerospace Day Academy - 5 Week Cycle Menu (Week 5)

Meal Patterns	Monday	Tuesday	Wednesday	Thursday	Friday
Grain/Bread	Bagel	French Toast	Rice Krispies	Toast	Oatmeal
Fruit or Vegetable	Crushed Pineapple	Berry Blend	Applesauce	Mango	Blueberries
Milk, Fluid	Milk	Milk	Milk	Milk	Milk
Other Foods	Cream Cheese	Syrup		Jelly	Brown Sugar
Lunch					
Meat or Meat Alternative	Beef Shepherd's Pie	Chicken & Tomato Bake	Meatballs & Gravy	Fish Sticks	Chicken Vegetable Soup
Vegetable	California Medley	Corn	Mashed Potatoes	Potato Wedges	In soup
Fruit	Mandarin Oragnes	Fruit Cocktail	Melon Melody	Apricots	Tropical Fruit Mix
Grain/Bread	Roll		Bread	Roll	Crackers
Milk, fluid	Milk	Milk	Milk	Milk	Milk
Vegetarian	Black Bean Shepherd's Pie	Tofu and Tomato Bake	Veggie Burger	Cottage Cheese	Vegetable Soup with Cottage Cheese
Allergy Substitution	Hamburger				Chicken Breast w/ Vegetables
Infant Substitution				Cottage Cheese	
Snack					
Milk, fluid	Milk	Milk	Water	Milk	Water
Juice, fruit or Vegetable					Cinnamon Baked Apples
Grain/Bread	Goldfish	Raspberry Muffins	Club Crackers	Graham Crackers	Granola
Meat or Meat alternative			Strawberry Yogurt		
Infant Substitution					