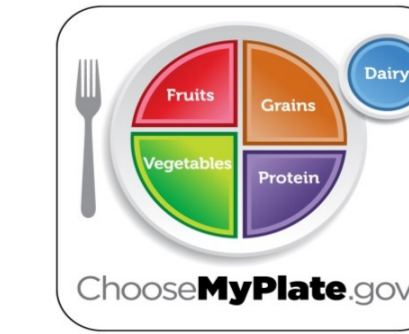




George Junior Republic

Cycle Menu Week 1



Daily Milk Choices:
 1% White Milk
 Fat Free Milk
 Lactaid

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	GOLDEN GRAHAMS STRAWBERRY KIWI ANIMAL CRACKERS PEAR MILK	REESES PUFFS ORANGE JUICE KEEBLER ELFS APPLESAUCE MILK	FROSTED FLAKES FRUIT PUNCH CINNAMON GOLDFISH BANANA MILK	MINI WHEATS MUFFINS CRAN/GRAPE JUICE CHEEZ-ITS MIXED FRUIT MILK	COCOA PUFFS ORANGE/TANGERINE JUICE FRENCH TOAST GOLDFISH BANANA MILK	RAISIN BRAN VERY BERRY JUICE BELLY BEARS Applesauce MILK	FRUIT LOOPS CINNAMON ROLL APPLE JUICE CHEEZ-ITS BANANA MILK
L U N C H	MINI PIZZA SIDEWINDERS BROCCOLI RED GRAPES MILK	MEATBALL HOAGIE ON A WG BUN MOZZARELLA CHEESE BBQ BAKED BEANS PEAS FRESH ORANGE MILK	BACON DOUBLE CHEESE BURGER ON A WG BUN TATER TOTS YELLOW BEANS DICED PEACHES MILK	POPCORN CHICKEN WG DINNER ROLL MASHED POTATOES GRAVY CORN PINEAPPLE MILK	HOT DOG ON A WG BUN RELISH SPICY POTATO WEDGES CALIFORNIA BLEND VEGGIES APPLE MILK	CRISPY CHICKEN WRAP LETTUCE/TOMATOES TATER TRIANGLES PRINCE EDWARD BLEND MIXED FRUIT MILK	WG FRENCH TOAST MAPLE SAUSAGE MAPLE SYRUP SEASONED HOME FRIES GLAZED CARROTS MANDARIN ORANGES MILK
D I N N E R	BAKED TURKEY HAM BUTTERMILK BISCUITS W/HONEY BUTTER SCALLOPED POTATOES CORN MILK	CHICKEN NUGGETS W/HONEY MUSTARD HOMEMADE MAC & CHEESE GREEN BEANS MILK STRING CHEESE CRACKERS/POWER STICK	BUFFALO CHICKEN NACHOS CAULIFLOWER MILK TRAIL MIX	PHILLY STEAK W/ CHEESE ON A BUN BABY BAKERS ITALIAN BLEND VEGGIES MILK S'MORES BROWNIE	OVEN FRIED CHICKEN WILD RICE BLEND MIXED VEGGIES MILK OATMEAL CRÈME COOKIE	GOULASH PARMESAN CHEESE CORN MUFFINS ZUCCHINI & YELLOW SQUASH JUICE MILK RANCH DORITOS	BEEF TACOS LETTUCE/TOMS/CHEESE SPANISH RICE TORTILLA CHIPS SALSA/SOUR CREAM MILK GRASSHOPPER CAKE
C K	PEACH COBBLER						

WG = WHOLE GRAIN

Daily Alternate
 Peanut Butter &
 Jelly
 available at
 Lunch and Dinner

**DAILY FRUIT
 OPTIONS MAY
 INCLUDE:**
 Oranges, Bananas,
 Red Apples, Green
 Apples, and other
 seasonal fruit.

**What Makes a
 Breakfast?**
 Select 3 of the 4
 items listed below,
**one must be a 1/2
 cup of fruit/veg:**
 Grain or
 Grain/Protein, Fruit
 or vegetable, Milk

**What makes a
 Lunch?** Select
 three of the five
 components, **one
 must be 1/2 cup of
 fruit or vegetable:**
 Meat/Meat alternate,
 Vegetable, Fruit,
 Grain/Bread, Milk

All daily bread selections
 are
 Whole Grain

Menu subject to change based on product availability

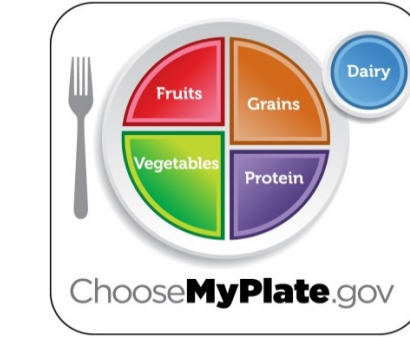
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George Junior Republic

Cycle Menu Week 2



Daily Milk Choices:
 1% White Milk
 Fat Free Milk
 Lactaid

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	FROSTED FLAKES STRAWBERRY KIWI ANIMAL CRACKERS PEAR MILK	GOLDEN GRAHAMS ORANGE JUICE KEEBLER ELFS APPLESAUCE MILK	RAISIN BRAN DONUTS FRUIT PUNCH CINNAMON GOLDFISH BANANA MILK	COCOA PUFFS CRAN/GRAPE JUICE CHEEZ-ITS MIXED FRUIT MILK	REESES PUFFS ORANGE/TANGERINE JUICE FRENCH TOAST GOLDFISH BANANA MILK	FRUIT LOOPS CEREAL BAR VERY BERRY JUICE BELLY BEARS APPLE SAUCE MILK	MINI WHEATS APPLE JUICE CHEEZ-ITS BANANA MILK
L U N C H	SAUSAGE GRAVY WG BISCUITS YUKON GOLD POTATO CAPRI BLEND VEGGIES ORANGE MILK	TAQUITOS SALSA SOUR CREAM SPANISH RICE CORN MANDARIN ORANGES MILK	SLOPPY JOE WG BUN BAKED BEANS PRINCE EDWARD DICED PEACHES MILK	PB&j CHICKEN CORN CHOWDER WG DINNER ROLL WINTER BLEND CLEMINTINES MILK	BOSCO STICKS W/ PIZZA SAUCE RED SKIN POTATOES CALIFORNIA BLEND VEGGIES APPLE MILK	GENERAL TSO CHICKEN WG RICE BROCCOLI PINEAPPLE MILK	ITALIAN HOAGIE WG BUN LETTUCE/TOMS/PICKLES POTATO SALAD CARROT STICKS W/ RANCH GRAPES MILK
D I N N E R	MACARONI & CHEESE GARLIC BREAD STICK SALAD W/ ITALIAN ITALIAN GREEN BEANS MILK PRINGLES	BONELESS WING DINGS BBQ SAUCE TATER TOTS CARROTS MILK DUMP CAKE	BLUEBERRY PANCAKES SAUSAGE PATTY SYRUP HOME FRIES YELLOW APPLES JUICE MILK COOKIES	KEILBASA CHEESY BROCCOLI RICE GREEN BEANS MILK YOGURT	SALISBURY STEAK BROWN GRAVY GARLIC BREAD MASHED POTATOES BRUSSEL SPROUTS MILK CHEESE POPCORN	GJR BURGER (BIG MAC) POTATO WEDGE TOSSED SALAD W FRENCH MILK PB CRACKERS	MANGO CHICKEN BAKED POTATO W/SOUR CREAM CAULIFLOWER MILK COOKIE BAR

WG = WHOLE GRAIN

Daily Alternate
 Peanut Butter &
 Jelly
 available at
 Lunch and Dinner

**DAILY FRUIT
 OPTIONS MAY
 INCLUDE:**
 Oranges, Bananas,
 Red Apples, Green
 Apples, and other
 seasonal fruit.

**What Makes a
 Breakfast?**
 Select 3 of the 4
 items listed below,
**one must be a 1/2
 cup of fruit/veg:**
 Grain or
 Grain/Protein, Fruit
 or vegetable, Milk

**What makes a
 Lunch?** Select
 three of the five
 components, **one
 must be 1/2 cup of
 fruit or vegetable:**
 Meat/Meat
 alternate, Vegetable,
 Fruit, Grain/Bread,
 Milk

All daily bread selections are

Menu subject to change based on product availability

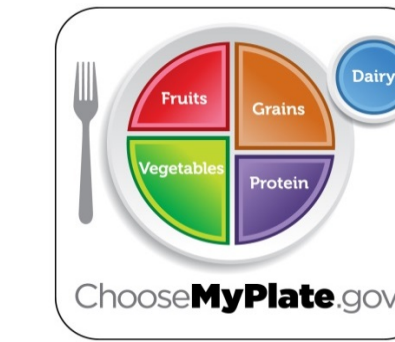
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George Junior Republic

Cycle Menu Week 3



Daily Milk Choices:
 1% White Milk
 Fat Free Milk
 Lactaid

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	GOLDEN GRAHAMS STUFFED BAGELS STRAWBERRY KIWI ANIMAL CRACKERS PEAR MILK	REESES PUFFS ORANGE JUICE KEEBLER ELFS APPLESAUCE MILK	FRUIT LOOPS FRUIT PUNCH CINNAMON GOLDFISH BANANA MILK	MINI WHEATS CRAN/GRAPE JUICE CHEEZ-ITS MIXED FRUIT MILK	RAISIN BRAN POPTART ORANGE/TANGERINE JUICE FRENCH TOAST GOLDFISH BANANA MILK	COCOA PUFFS VERY BERRY JUICE BELLY BEARS Applesauce MILK	FROSTED FLAKES APPLE JUICE CHEEZ-ITS BANANA MILK
L U N C H	CORN DOGS RANCH WEDGES PEAS APPLES MILK	CHICKEN FAJITAS WG TORTILLA PEPPERS & ONIONS SALSA/SOUR CREAM MEXICAN RICE YELLOW BEANS MIXED FRUIT MILK	BBQ RIBLET ON A WG BUN W/ PICKLES SIDEWINDERS BROCCOLI DICED PEACHES MILK	MEATBALL HOAGIE ON A WG BUN MOZZARELLA CHEESE TATER TOTS NORMANDY BLEND VEGGIES ORANGE MILK	DOUBLE CHEESE BURGER ON A WG BUN BBQ BAKED BEANS CARROTS MANDARIN ORANGES MILK	SLOPPY JOE ON A WG BUN POTATOE WEDGES CORN GRAPES MILK	SAUSAGE EGG & CHEESE WG BISCUIT TATER TOTS HONEY GLAZED CARROTS PINEAPPLES MILK
D I N N E R	SLICED TURKEY STUFFING MASHED POTATOES GRAVY DINNER ROLL GREEN BEAN CASSEROLE MILK PIE	BEEF & BEAN CHILI OVER TATER TOTS CHEDDAR CHEESE WINTER BLEND MILK NACHO DORITOS	CHICKEN FRIES HOT SAUCE YUKON GOLD POTATOES CORN MILK CHEESE CRACKERS	WALKING TACO SALSA/SOUR CREAM SPANISH RICE LETTUCE/TOMATOES MILK OATMEAL CRÈME COOKIE	MANGO CHICKEN HOMEMADE MAC & CHEESE GREEN BEANS MILK STRAWBERRY CAKE	BOURBON STREET CHICKEN FRIED RICE STIRFRY VEGGIES MILK TORTILLA CHIPS W/ QUESO	BEEF STEW OVER BISCUITS BABY BAKERS CAULIFLOWER JUICE MILK COOKIES

WG = WHOLE GRAIN

Daily Alternate
 Peanut Butter &
 Jelly
 available at
 Lunch and Dinner

**DAILY FRUIT
 OPTIONS MAY
 INCLUDE:**
 Oranges, Bananas,
 Red Apples, Green
 Apples, and other
 seasonal fruit.

**What Makes a
 Breakfast?**
 Select 3 of the 4
 items listed below,
**one must be a 1/2
 cup of fruit/veg:**
 Grain or
 Grain/Protein, Fruit
 or vegetable, Milk

**What makes a
 Lunch?** Select
 three of the five
 components, **one
 must be 1/2 cup of
 fruit or vegetable:**
 Meat/Meat
 alternate, Vegetable,
 Fruit, Grain/Bread,
 Milk

All daily bread selections

Menu subject to change based on product availability

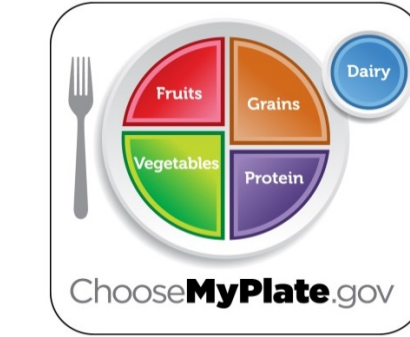
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George Junior. Republic

Cycle Menu Week 4



Daily Milk Choices:
 1% White Milk
 Fat Free Milk
 Lactaid

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	REESES PUFFS	RAISIN BRAN CEREAL BAR ORANGE JUICE	MINI WHEATS FRUIT PUNCH	COCOA PUFFS CRAN/GRAPE JUICE	FRUIT LOOPS ORANGE/TANGERINE JUICE	GOLDEN GRAHAMS DONUTS VERY BERRY JUICE	FROSTED FLAKES APPLE JUICE
	ANIMAL CRACKERS	KEEBLER ELFS	CINNAMON GOLDFISH	CHEEZ-ITS	FRENCH TOAST GOLDFISH	BELLY BEARS	CHEEZ-ITS
	PEAR	APPLESAUCE	BANANA	MIXED FRUIT	BANANA	Applesauce	BANANA
	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	TACO SALAD SALSA/SOUR CREAM CHEDDAR CHEESE	MINI PIZZAS	RODEO BURGER ON A WG BUN	CHICKEN TENDERS HONEY MUSTARD	TURKEY AND BACON CLUB ON WG BREAD	PB&J	HAM, EGG & CHEESE ENGLISH MUFFIN
REFRIED BEANS	RANCH WEDGES	RED SKIN POTATOES	BABY BAKERS	MACARONI SALAD	CHEESY BROCCOLI SOUP W DINNER ROLL	BREAKFAST POTATOES	
CHERRY TOMATOES	CAULIFLOWER	CORN	PEAS AND CARROTS	APPLE SLICES W/ PB	CARROTS/CELERY STICKS	BROCCOLI	
GRAPES	MANDARIN ORANGES	KIWI	APPLE	ORANGE	MIXED FRUIT	DICED PEACHES	
MILK	MILK	MILK	MILK	MILK	MILK	MILK	
L U N C H	CHEF BOYARDEE RAVIOLI W/ MOZZARELLA	WAFFLES SYRUP	BBQ CHICKEN PHILLY MOZZARELLA CHEESE ON A BUN	SLOPPY DOG ON A BUN	GJR BURGER (Big Mac)	MANGO CHICKEN LEGS	GOULASH PARMESAN CHEESE
	GARLIC BREAD	MAPLE SAUSAGE LINKS	PRETZEL BITES	POTATO CHIPS	SIDEWINDERS	TWICE BAKED POTATOES	CORN MUFFIN
	GREEN BEANS	TATER TOTS JUICE	YELLOW BEANS	BRUSSEL SPROUTS	MIXED VEGGIES	CORN	SALAD W/ITALIAN
	MILK	MILK	MILK	MILK	MILK	MILK	MILK
	CUPCAKES	PB CRACKERS	STIRNG CHEESE CRACKERS/POWER STICK	PUDDING CUP/OREOS	TRAIL MIX	MOCHA MINT BROWNIES	COOKIES

WG = WHOLE GRAIN

Daily Alternate
 Peanut Butter &
 Jelly
 available at
 Lunch and Dinner

**DAILY FRUIT
 OPTIONS MAY
 INCLUDE:**
 Oranges, Bananas,
 Red Apples, Green
 Apples, and other
 seasonal fruit.

**What Makes a
 Breakfast?**
 Select 3 of the 4
 items listed below,
**one must be a 1/2
 cup of fruit/veg:**
 Grain or
 Grain/Protein, Fruit
 or vegetable, Milk

**What makes a
 Lunch?** Select
 three of the five
 components, **one
 must be 1/2 cup of
 fruit or vegetable:**
 Meat/Meat
 alternate, Vegetable,
 Fruit, Grain/Bread,
 Milk

All daily bread selections

Menu subject to change based on product availability

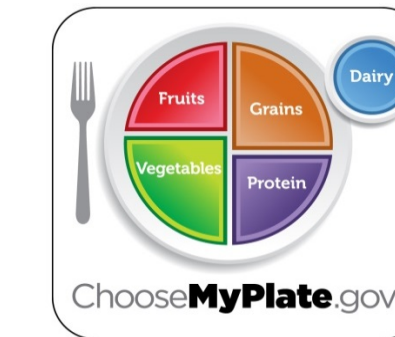
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Cycle Menu Week 5



Daily Milk Choices:
 1% White Milk
 Fat Free Milk
 Lactaid

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	REESES PUFFS STRAWBERRY KIWI ANIMAL CRACKERS PEAR MILK	GOLDEN GRAHAMS ORANGE JUICE KEEBLER ELFS APPLESAUCE MILK	FRUIT LOOPS FRUIT PUNCH CINNAMON GOLDFISH BANANA MILK	MINI WHEATS CRAN/GRAPE JUICE CHEEZ-ITS MIXED FRUIT MILK	RAISIN BRAN POPTART ORANGE/TANGERINE JUICE FRENCH TOAST GOLDFISH BANANA MILK	COCOA PUFFS VERY BERRY JUICE BELLY BEARS Applesauce MILK	FROSTED FLAKES APPLE JUICE CHEEZ-ITS BANANA MILK
L U N C H	CHICKEN FRIES W BUFFALO SAUCE TATER TRIANGLES CELERY/CARROTS W/RANCH APPLES MILK	CHEESE BOSCO STICKS PIZZA SAUCE YUKON GOLD POTATOES PRINCE EDWARD VEGGIES ORANGE MILK	CHICKEN FAJITAS ON A WG TORTILLS PEPPERS/ONIONS SOUR CREAM/SALSA RED BEANS AND RICE CORN PINEAPPLE MILK	UNCRUSTABLE CHEESY POTATO SOUP W DINNER ROLL BROCCOLI TANGERINES MILK	CHILI CHEESE DOGS ON A WG BUN SIDEWINDERS CAULIFLOWER GRAPES MILK	BBQ RIBLET ON A WG BUN PICKLES BABY BAKERS GREEN BEANS DICED PEACHES MILK	TURKEY & BACON CLUB ON WG BREAD LETTUCE/TOMS CHEX MIX BROCCOLI W/ RANCH MANDARIN ORANGES MILK
D I N N E R	DOUBLE ANGRY BURGER ON A BUN PEPPERJACK JALOPENOS POTATO CHIPS YELLOW BEANS MILK TORTILLA CHIPS W/CHEESE	CHICKEN TENDERS W/HONEY MUSTARD CHEESY BROCCOLI RICE ITALIAN BLEND VEGGIES MILK BANANA SPLIT DESSERT	SLOPPY JOE ON A BUN TRICE BAKED POTATOES PEAS MILK CUPCAKE	TACO BAKE SERVED OVER FRITOS SALSA/SOUR CREAM CAPRI BLEND VEGGIES JUICE MILK CHEETOS	BBQ TURKEY HAM ON HAWIIAN SLIDER BUN PRETZELS APPLE SLICES W PB MILK COOKIES	GENERAL TSOS CHIOCKEN FRIED RICE STIRFRY VEGGIES MILK HOHO CAKE	BEEF STROGANOFF OVER BUTTERED NOODLES GARLIC BREAD STICK SALAD W/FRENCH MILK PB BROWNIES

WG = WHOLE GRAIN

Daily Alternate
 Peanut Butter &
 Jelly
 available at
 Lunch and Dinner

**DAILY FRUIT
 OPTIONS MAY
 INCLUDE:**
 Oranges, Bananas,
 Red Apples, Green
 Apples, and other
 seasonal fruit.

**What Makes a
 Breakfast?**
 Select 3 of the 4
 items listed below,
**one must be a 1/2
 cup of fruit/veg:**
 Grain or
 Grain/Protein, Fruit
 or vegetable, Milk

**What makes a
 Lunch?** Select
 three of the five
 components, **one
 must be 1/2 cup of
 fruit or vegetable:**
 Meat/Meat
 alternate, Vegetable,
 Fruit, Grain/Bread,
 Milk

All daily bread selections

Menu subject to change based on product availability

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