**Rainbow’s End Menus follow the USDA Child Nutrition Program.**

### Cereal Choices:
- **Other:** Additional items served but not necessary to meet meal pattern requirements.
- **G/B:** Grain/Bread
- **F/V:** Fruit/Vegetable
- **M/MA:** Meat/Meat Alternative

### Menu Key:
- **F/V:** Fruit Popsicle
- **G/B:** Whole Wheat Roll
- **M/MA:** Turkey Sandwich
- **2:** Mixed Vegetables
- **F/V 1:** Sweet Peas
- **F/V 2:** Mandarins Oranges
- **G/B:** Breading
- **G/B:** Blueberry Muffins

### Menus:

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<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
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<tr>
<td>6 Bran Flakes, Fruit Cocktail&lt;br&gt;M/MA: BBQ Turkey Sandwich&lt;br&gt;F/V 1: Carrots&lt;br&gt;F/V 2: Applesauce&lt;br&gt;G/B: Whole Wheat Bun&lt;br&gt;G/B: Goldfish</td>
<td>7 Waffles, Applesauce&lt;br&gt;M/MA: Fish Sticks&lt;br&gt;F/V 1: Mixed Vegetables&lt;br&gt;F/V 2: Fruit Cocktail&lt;br&gt;G/B: Breading&lt;br&gt;F/V: Apples</td>
<td>8 Bagels, Peaches&lt;br&gt;M/MA: Cheese Pizza&lt;br&gt;F/V 1: Sweet Peas&lt;br&gt;F/V 2: Mandarins Oranges&lt;br&gt;G/B: Crust&lt;br&gt;G/B: Blueberry Muffins</td>
<td>9 Frosted Wheaties, Pears&lt;br&gt;M/MA: Turkey Stroganoff&lt;br&gt;F/V 1: broccoli&lt;br&gt;F/V 2: Pears&lt;br&gt;G/B: Whole Wheat Rolls&lt;br&gt;G/B: Cheese Itz</td>
<td>3 CLOSED FOR INDEPENDENCE Day</td>
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<td>13 Rice Chex, Pears&lt;br&gt;M/MA: Turkey Sausage Rigatoni&lt;br&gt;F/V 1: Broccoli&lt;br&gt;F/V 2: Fruit Cocktail&lt;br&gt;G/B: Whole Wheat Roll&lt;br&gt;G/B: Animal Crackers</td>
<td>14 English Muffins, Oranges&lt;br&gt;M/MA: Cheeseburger Macaroni&lt;br&gt;F/V 1: Green Beans&lt;br&gt;F/V 2: Peaches&lt;br&gt;G/B: Noodles&lt;br&gt;G/B: Cheese Sticks and Crackers</td>
<td>15 Pancakes, Applesauce&lt;br&gt;M/MA: Chicken Sandwich&lt;br&gt;F/V 1: Mix Vegetables&lt;br&gt;F/V 2: Pears&lt;br&gt;G/B: Whole Wheat Bun&lt;br&gt;G/B: Bisco Sticks</td>
<td>16 Cheeserios, Peaches&lt;br&gt;M/MA: Turkey Sausage Pizza&lt;br&gt;F/V 1: Peas&lt;br&gt;F/V 2: Oranges&lt;br&gt;G/B: Whole Wheat Roll&lt;br&gt;G/B: Banana Muffins</td>
<td>17 French Toast, Fruit Cocktail&lt;br&gt;M/MA: Mostaccioli&lt;br&gt;F/V 1: Carrots&lt;br&gt;F/V 2: Applesauce&lt;br&gt;G/B: Whole Wheat Roll&lt;br&gt;G/B: Rice Cakes</td>
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<td>20 Frosted Wheaties, Peaches&lt;br&gt;M/MA: Chicken Pizza Quesadilla&lt;br&gt;F/V 1: Green Beans&lt;br&gt;F/V 2: Mandarin Oranges&lt;br&gt;G/B: Whole Wheat Crust&lt;br&gt;F/V: Fruit Popsicle</td>
<td>21 Bagels, Pears&lt;br&gt;M/MA: Chicken Stir Fry&lt;br&gt;F/V 1: Mixed Vegetables&lt;br&gt;F/V 2: Peaches&lt;br&gt;G/B: Whole Grain Rice&lt;br&gt;M/MA: Strawberry Yogurt</td>
<td>22 Waffles, Applesauce&lt;br&gt;M/MA: Cheese Ravioli&lt;br&gt;F/V 1: Carrots&lt;br&gt;F/V 2: Fruit Cocktail&lt;br&gt;G/B: Whole Wheat Roll&lt;br&gt;M/MA: Chicken Egg Roll</td>
<td>23 Bran Flakes, Oranges&lt;br&gt;M/MA: Turkey Sandwich&lt;br&gt;F/V 1: Peas&lt;br&gt;F/V 2: Applesauce&lt;br&gt;G/B: Whole Wheat Bread&lt;br&gt;G/B: Goldfish</td>
<td>24 Banana Muffins, Fruit Cocktail&lt;br&gt;M/MA: Turkey Burger&lt;br&gt;F/V 1: Broccoli&lt;br&gt;F/V 2: Peaches&lt;br&gt;G/B: Whole Wheat Bun&lt;br&gt;F/V: Guacamole and chips</td>
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<td>27 Rice Chex, Oranges&lt;br&gt;M/MA: Turkey Pasta Salad&lt;br&gt;F/V 1: Mixed Vegetables&lt;br&gt;F/V 2: Pears&lt;br&gt;G/B: Whole Wheat Roll&lt;br&gt;F/V: Frozen Fruit</td>
<td>28 French Toast Sticks, Applesauce&lt;br&gt;M/MA: Chicken Tetrazzini&lt;br&gt;F/V 1: Carrots&lt;br&gt;F/V 2: Peaches&lt;br&gt;G/B: Whole Grain Rice&lt;br&gt;G/B: Garlic Breadstcks</td>
<td>29 Pancakes, Pears&lt;br&gt;M/MA: Taco&lt;br&gt;F/V 1: Broccoli&lt;br&gt;F/V 2: Fruit Cocktail&lt;br&gt;G/B: Whole Wheat Shell&lt;br&gt;F/V: Bananas</td>
<td>30 Waffles, Applesauce&lt;br&gt;M/MA: Cheese Ravioli&lt;br&gt;F/V 1: Carrots&lt;br&gt;F/V 2: Fruit Cocktail&lt;br&gt;G/B: Whole Wheat Roll&lt;br&gt;M/MA: Chicken Egg Roll</td>
<td>31 Bagels, Pears&lt;br&gt;M/MA: Chicken Stir Fry&lt;br&gt;F/V 1: Mixed Vegetables&lt;br&gt;F/V 2: Peaches&lt;br&gt;G/B: Whole Grain Rice&lt;br&gt;M/MA: Strawberry Yogurt</td>
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Menu Key: Breakfast, Lunch, PM Snack

- **M/MA:** Meat/Meat Alternative
- **F/V:** Fruit/Vegetable
- **G/B:** Grain/Bread

Other: Additional items served but not necessary to meet meal pattern requirements.

**Cereal Choices:** Cheerios, Frosted Mini-Wheat, Rice Chex, Bran Flakes, Rainbow’s End menus follow the USDA Child Nutrition program.

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**Menu Serving Times:**

- **Breakfast:** 8:30
- **Lunch:** 11:30
- **Snack:** 2:30

- **We Serve 1% milk for ages over 2 yrs. old**
- **Whole Milk for ages under 2 yrs. Old**
- **We also offer soy and organic milk, with a Doctor’s Note**