

Picatinny Arsenal

Winter Menu 2013

Week 1



Please Note: Menu substitutions may be made at the discretion of the Kitchen to accommodate for center celebrations.

Approved By: *Bruce A. Usher MS RD LD*
21 NOV 2012

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Oatmeal	French Toast	Bagel w/Cream Cheese	Egg Pattie/Biscuit	Cold Cereal Corn Flakes
	Fruit, Vegetable, or Full Strength Juice	Peaches	Apple Sauce	Mandarin Orange	Apricots	Banana
	Additional Food (Optional)					
L U N C H	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat Or Meat Alt.	Soup (Diced Chicken, Chicken Stock, Carrots, Celery, Onion)	Fish Fillets	Baked Ziti (Sauce, Ricotta cheese, mozz cheese, Ziti)	Honey Lemon Chicken (D-44) <1 yr. lemon chicken	Pizza (Pizza Sheets, Pizza Sauce, Mozz cheese)
	Vegetable Or Fruit		Country Vegetable Blend	Green Beans	Peas	Broccoli
	Vegetable Or Fruit	Fruit Cocktail	Apricots	Pears	Fruit Cocktail	Pineapple Tidbits
	Bread or Bread Alt.	Noodles	Bread Stick	Bread Stick	Roll wheat	
	(Optional)					
S N A C K	Choose 2 of these 4:					
	Fluid Milk	Milk				Milk
	Meat or Meat Alternate		Sliced Ham	Cheese Slice	Yogurt	
	Fruit, Vegetable, or 100% Juice			Juice	Apple <2 Diced	
	Bread or Bread Equivalent	Nutrigrain Bar	Pita Bread	Crackers		Polar Express (Mini Cinn. Teddy Grahams, Crispix cereal, Raisins)
	Additional Food(optional)		Water		Water	

Picatinny Arsenal Winter Menu 2013 Week 2



Please Note: Menu substitutions may be made at the discretion of the Kitchen to accommodate for center celebrations.

Approved By:

21 NOV 2012
B. C. UNED MS RDLD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Pancake	Toasted English muffin with melted cheese	Oatmeal	Waffles	Cold Cereal Kix
	Fruit, Vegetable, or Full Strength Juice	Applesauce	Fruit Cocktail	Peaches	Apricots	Bananas
	Additional Food (Optional)					
L U N C H	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat Or Meat Alt.	Oriental Stir Fry Beef (Beef, sweet and sour sauce)	Macaroni & Cheese Diced Ham Chicken	Ground Turkey and Spanish Rice (Diced pepper, diced tomato, beef stock)	Ham Fingers	Grilled Cheese
	Vegetable Or Fruit	Broccoli	Peas	Cal. Vegetable Blend	Country Vegetable Blend	Tomato Soup
	Vegetable Or Fruit	Mandarin Orange	Pears	Pineapple Tidbits	Fruit Cocktail	Applesauce
	Bread or Bread Alt. (Optional)	Jasmine Rice		Wheat Bread		Rice
S N A C K	Choose 2 of these 4:					
	Fluid Milk			Milk	Milk	
	Meat or Meat Alternate				Fish Sticks	
	Fruit, Vegetable, or 100% Juice	Juice	Salsa Sauce	Mandarin Orange		Juice
	Bread or Bread Equivalent	Mini Bagel with cream cheese	Sun chips <2 pita			Soft Pretzel
		Water				

Picatinny Arsenal Winter Menu 2013 Week 3



Please Note: Menu substitutions may be made at the discretion of the Kitchen to accommodate for center celebrations.

Approved By:

21 NOV 2012

Richard A. Jones MS RD LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	French Toast	Muffin	Bagel w/ Cream Cheese	Eggs w/English Muffin	Cold Cereal Cheerios
	Fruit, Vegetable, or Full Strength Juice	Mandarin Orange	Peaches	Apricots	Orange Juice	Banana
	Additional Food (Optional)			Jelly		
L U N C H	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat Or Meat Alt.	Chicken Tenders	Beef Vegetable Soup (Beef stew meat, Beef broth, Vegetables, Diced potato)	Vegetarian Chili (Marinara, diced green pepper, beans, diced tomato, chili seasoning)	Chicken Ala King (Chicken, Cream of Mushroom soup)	Fish Fillets
	Vegetable Or Fruit	Sweet Potato Fries			Mixed Vegetables	Cal. Vegetable Blend
	Vegetable Or Fruit	Diced Pears	Fruit Cocktail	Mixed Fruit	Applesauce	Apricots
	Bread or Bread Alt. (Optional)	Mini Roll	Ditalini Pasta	Brown Rice	Roll wheat	Bread wheat
S N A C K	Choose 2 of these 4:					
	Fluid Milk		Milk		Milk	
	Meat or Meat Alternate	Baked Mozzarella cheese stick		Turkey and cheese roll ups		
	Fruit, Vegetable, or 100% Juice	Juice			Sliced Pears >2 Diced Pears	Juice
	Bread or Bread Equivalent		Crispix Cereal			Saltine crackers w/Cream cheese
				Water		

Picatinny Arsenal

Winter Menu 2013 Week 4



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Approved By:

21 NOV 2012
[Signature] MS RD LD

	Components	Monday	Tuesday	Wednesday	Thursday	Friday
B R E A K F A S T	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Bread or Bread Alternate	Turkey Sausage Pattie w/Mini roll	Waffle w/syrup	Oatmeal	Pancakes	Cold Cereal Kix
	Fruit, Vegetable, or Full Strength Juice	Mandarin Orange	Fruit Cocktail	Peaches	Applesauce	Banana
	Additional Food (Optional)					
L U N C H	Fluid Milk	Milk	Milk	Milk	Milk	Milk
	Meat Or Meat Alt.	Potato and Cheddar Cheese Pierogies <2 baked potato	Grilled Ham and Cheese	Turkey Sliced w/gravy	Broccoli and Cheese Quiche, Egg	Pork Riblets w/ Barbeque Sauce
	Vegetable Or Fruit	Kidney Beans	Italian Blend	Peas	Country Vegetable soup	Pinto Beans
	Vegetable Or Fruit	Pears	Apricots	Cranberry Sauce	Diced Apples	Pineapple Tidbits
	Bread or Bread Alt. (Optional)			Bread Stuffing		Roll
					Margarine	
S N A C K	Choose 2 of these 4:					
	Fluid Milk	Milk		Milk		Milk
	Meat or Meat Alternate				Chicken Nuggets	
	Fruit, Vegetable, or 100% Juice		Juice	Orange <2 Mandarin	Juice	Diced Peaches
	Bread or Bread Equivalent	Goldfish	Soft Pretzel			Graham Crackers