

SAMPLE NATIVE AMERICAN CHILD AND ADULT CARE MENU

<u>DAY 1</u>	<u>DAY 2</u>	<u>DAY 3</u>	<u>DAY 4</u>	<u>DAY 5</u>
Breakfast 1% or fat-free milk Oatmeal Blueberries	Breakfast 1% or fat-free milk Hominy wrap with scrambled egg Sliced pears	Breakfast 1% or fat-free milk Corn porridge Apple slices	Breakfast 1% or fat-free milk Amaranth seed bread Tomatoes	Breakfast 1% or fat-free milk Blue corn pancakes Sliced peaches
Snack Cornbread Orange slices	Snack Biscuit Halved black cherries	Snack Hardboiled egg Avocado and tomato salad	Snack Whole-wheat toast Peanut butter Strawberries	Snack Low-fat yogurt Apple spice oatmeal bake
Lunch/Supper 1% or fat-free milk Baked turkey breast Whole wheat rolls Roasted pumpkin Cranberry sauce	Lunch/Supper 1% or fat-free milk Roasted chicken Quinoa Baked sweet potato Persimmon slices	Lunch/Supper 1% or fat-free milk Baked fish Brown rice Grilled squash with maple Pear slices	Lunch/Supper 1% or fat-free milk BBQ pulled pork Succotash Whole wheat rolls Sliced peaches	Lunch/Supper 1% or fat-free milk Grilled chicken Mashed potatoes Wild rice and greens Plums
<u>DAY 6</u>	<u>DAY 7</u>	<u>DAY 8</u>	<u>DAY 9</u>	<u>DAY 10</u>
Breakfast 1% or fat-free milk Blue corn mush Scrambled eggs Strawberries	Breakfast 1% or fat-free milk Low-fat yogurt with blueberries and peaches Granola	Breakfast 1% or fat-free milk Cinnamon raisin apple pudding Baked pumpkin	Breakfast 1% or fat-free milk Oatmeal Low-fat yogurt with sliced apples	Breakfast 1% or fat-free milk Sweet potato hash Fried egg
Snack Zucchini muffins Cottage cheese	Snack Hardboiled egg Pepper slices	Snack Cornbread with honey Cheese stick	Snack Whole wheat crackers Mashed beans	Snack Whole wheat pumpkin bread Low-fat yogurt
Lunch/Supper 1% or fat-free milk Pork roast Whole wheat tortilla Corn salad Pepper slices	Lunch/Supper 1% or fat-free milk Meatballs with mushrooms Whole wheat bun Kohlrabi and apple slaw Apple slices	Lunch/Supper 1% or fat-free milk Roasted turkey breast Brown rice Squash stew Honeydew melon	Lunch/Supper 1% or fat-free milk Chicken meatloaf Whole wheat roll Tossed salad Pinto beans	Lunch/Supper 1% or fat-free milk Beef stew Wild rice and cranberry salad Roasted carrots and potatoes Sliced pears

This institution is an equal opportunity provider.