February 2025 Menu

	WEEK 1								
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
Dates:	2/3/2025	2/4/2025	2/5/2025	2/6/2025	2/7/2025				
Breakfast: 8:00-8:30am									
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)				
Fruit/Vegetable	Fruit	1/2 Banana	Fresh Oranges	Blueberries	1/2 Banana				
Grain	Bagel	Blueberry Muffin	Hashbrown	French Toast	WG Cereal				
Extra/Protein	Cream Cheese		Egg Patty						
LUNCH: 11:30-12:00pm									
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)				
Fruit	Peaches	Pears	Pineapples	Mandarin Oranges	Peaches				
Vegetable	Corn	String Beans	Salad	Broccoli	Tomato Shoup				
Grain			WG Spaghetti Pasta	WG Rice	WG Bread				
Meat/Meat Alt	Fish Sticks	Pierogies	Veggie Crumbles	Chicken	Turkey Ham				
Extra	Ketchup		Pasta Sauce	Cream of Chicken	Cheese				
PM SNACK: 2:30-3:00pm									
Milk/Water									
Fruit		Fresh Apples	Blueberries	1/2 Banana					
Vegetable									
Grain	Pretzels			Goldfish	Townhouse Crackers				
Meat/Meat Alternate	Cheese Cubes	Sunbutter			String Cheese				
Extra			Yogurt						
MEAL PATTERN	MONDAY	W	EEK 2 WEDNESDAY	THURSDAY	FRIDAY				
MEAL PATTERN Dates:	MONDAY 2/10/2025			THURSDAY 2/13/2025	FRIDAY 2/14/2025				
		TUESDAY	WEDNESDAY						
Dates:		TUESDAY	WEDNESDAY						
Dates: Breakfast: 8:00-8:30am	2/10/2025 Whole Milk (age 1) or	TUESDAY 2/11/2025 Whole Milk (age 1) or	WEDNESDAY 2/12/2025 Whole Milk (age 1) or	2/13/2025 Whole Milk (age 1) or	2/14/2025 Whole Milk (age 1) or				
Dates: Breakfast: 8:00-8:30am Milk	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+)				
Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana				
Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana				
Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain Extra/Protein	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana				
Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain Extra/Protein LUNCH: 11:30-12:00pm	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or				
Dates: Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain Extra/Protein LUNCH: 11:30-12:00pm Milk	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+)				
Dates: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: D	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail				
Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain Extra/Protein LUNCH: 11:30-12:00pm Milk Fruit Vegetable	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans Chicken Nuggets	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail				
Dates: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: D	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Mashed Potatos	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad WG Macaroni Pasta	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Sweet Potato tots	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail Broccoli				
Dates: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: D	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans Chicken Nuggets	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Mashed Potatos	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad WG Macaroni Pasta Turkey Ham	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Sweet Potato tots	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail Broccoli				
Dates: Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain Extra/Protein LUNCH: 11:30-12:00pm Milk Fruit Vegetable Grain Meat/Meat Alt Extra	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans Chicken Nuggets	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Mashed Potatos	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad WG Macaroni Pasta Turkey Ham	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Sweet Potato tots	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail Broccoli				
Dates: Dates:Dates: Dates:Dates: Dates:Dates	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans Chicken Nuggets	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Mashed Potatos	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad WG Macaroni Pasta Turkey Ham	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Sweet Potato tots	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail Broccoli				
Dates: Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain Extra/Protein LUNCH: 11:30-12:00pm Milk Fruit Vegetable Grain Meat/Meat Alt Extra PM SNACK: 2:30-3:00pm Milk/Water Fruit Vegetable Vegetable Vegetable	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans Chicken Nuggets Ketchup	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Mashed Potatos Meatloaf	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad WG Macaroni Pasta Turkey Ham Cheese Sauce	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Sweet Potato tots Pizza	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail Broccoli Chicken Egg Rolls				
Dates: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates:: Dates::	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans Chicken Nuggets Ketchup Pretzels	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Mashed Potatos Meatloaf	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad WG Macaroni Pasta Turkey Ham Cheese Sauce	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Sweet Potato tots Pizza	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail Broccoli Chicken Egg Rolls Pretzels				
Dates: Dates: Breakfast: 8:00-8:30am Milk Fruit/Vegetable Grain Extra/Protein LUNCH: 11:30-12:00pm Milk Fruit Vegetable Grain Meat/Meat Alt Extra PM SNACK: 2:30-3:00pm Milk/Water Fruit Vegetable Vegetable Vegetable	2/10/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Bagel Cream Cheese Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Pears String beans Chicken Nuggets Ketchup	TUESDAY 2/11/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Banana Muffin Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Mashed Potatos Meatloaf	WEDNESDAY 2/12/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fresh Oranges WG Bread Turkey Sasuage Patty Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Diced Peaches Salad WG Macaroni Pasta Turkey Ham Cheese Sauce	2/13/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Blueberries Pancakes Apple Butter Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Mandarin Oranges Sweet Potato tots Pizza 1/2 Banana	2/14/2025 Whole Milk (age 1) or Low/Fat Free Milk (age 2+) 1/2 Banana Cereal Whole Milk (age 1) or Low/Fat Free Milk (age 2+) Fruit Cocktail Broccoli Chicken Egg Rolls				



Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
 The fruit component at lunch may be substituted by an additional vegetable.

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February 2025 Menu

WEEK 3								
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Dates:	2/17/2025	2/18/2025	2/19/2025	2/20/2025	2/21/2025			
Breakfast: 8:00-8:30am								
Milk	CLOSED	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)			
Fruit/Vegetable		1/2 Banana	Fresh Oranges	Blueberries	1/2 Banana			
Grain		Blueberry Muffins	Hashbrown	French Toast	Cereal			
Extra/Protein		, ,	Egg Patty					
LUNCH: 11:30-12:00pm								
Milk	CLOSED	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)			
Fruit		Pineapple	Diced Peaches	Mandarin Oranges	Blueberries			
Vegetable		Sweet Potato Fries	Salad	Broccoli	Mashed Potatoes			
Grain		WG Bun	WG Spaghetti Pasta	WG Rice				
Meat/Meat Alt		Hamburger	Veggie Crumbles	Chicken	Diced Turkey ham			
Extra			Pasta Sauce	Cream of Chicken				
PM SNACK: 2:30-3:00pm								
Milk/Water								
Fruit		Fresh Apples	Blueberries	1/2 Banana				
Vegetable								
Grain				Cheese Itz	Townhouse Crackers			
Meat/Meat Alternate		Sunbutter			String Cheese			
Extra			Yogurt					
MEAL PATTERN	MONDAY	W	EEK 4 WEDNESDAY	THURSDAY	FRIDAY			
Dates:	2/24/2025	2/25/2025	2/26/2025	2/27/2025	2/28/2025			
Breakfast: 8:00-8:30am								
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)			
Fruit/Vegetable	Fruit	1/2 Banana	Fresh Oranges	Blueberries	1/2 Banana			
Grain	English Muffin	Banana Muffin	WG Bread	Pancakes	Cereal			
Extra/Protein	Cream Cheese		Egg patty	Apple Butter				
LUNCH: 11:30-12:00pm								
Milk	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)	Whole Milk (age 1) or Low/Fat Free Milk (age 2+)			
Fruit	Pears	Blueberries	Fruit Cocktail	Pineapples	Peaches			
Vegetable	Sweet Potato Tots	String beans	Salad	Broccoli	Corn			
Grain	WG Bun	Pizza	WG Macaroni Pasta					
Meat/Meat Alt	Chicken Patty		Turkey Ham	Meatloaf	Pierogies			
Extra	Ketchup		Cheese Sauce					
PM SNACK: 2:30-3:00pm								
Milk/Water								
Fruit		Fresh Apples	Blueberries	Fresh Oranges				
Vegetable								
Grain	Pretzels			Cheese Itz	Townhouse Crackers			
Meat/Meat Alternate	Cheese Cubes	Sunbutter	No. 1		String Cheese			
Extra		1	Yogurt					



Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
 The fruit component at lunch may be substituted by an additional vegetable.

The fruit component at lunch may be substituted by an additional vegetable.
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