



The Bradley Center

Cycle Menu Week 1



Daily Milk Choices:
 1% White Milk
 Fat Free Vanilla Milk
 Fat Free Chocolate Milk

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Cereal	Cottage Cheese with fruit	Sausage Gravy over biscuits	Breakfast on a stick	Breakfast Burrito	Pancakes	Bagel with Cream Cheese
	Seasonal Fresh Fruit	Cereal	Cereal	Cereal	Cereal	Cereal	Cereal
	Assorted Yogurt	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Assorted Fruit Juice	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt
	Choice of Milk 170	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice
L U N C H	Turkey Burger	Choice of Milk 170	Choice of Milk 200	Choice of Milk 160	Choice of Milk 210	Choice of Milk 80	Choice of Milk 170
	Deli Turkey Sandwich	Chicken Patty Sandwich	Chili with Corn Muffin	Nacho's Grande	Sloppy Joes	Chicken Broccoli Flatbread	Grilled Cheese Tomato Soup
	Mixed Vegetable	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Deli Ham Sandwich
	Seasonal Fresh Fruit	Capri Vegetable	Prince Edward Vegetable	Zucchini and Yellow Squash	Green Beans	Broccoli	Seasonal Fresh Fruit
	Choice of Milk	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Choice of Milk
		Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	255	Choice of Milk 295	Choice of Milk 424	Choice of Milk 367	Choice of Milk 210	Choice of Milk 300	297
D I N N E R	Walking Taco	Salisbury Steak Mashed Potato	Chicken Parm Sandwich	Cheeseburger Macaroni	Roasted Turkey Smashed Potatoes	Pizza Bagels	Ravioli WG Roll
	Mixed Vegetable	Corn	Italian Blend Vegetable	Cauliflower	Broccoli	Peas	Mixed Vegetable
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Seasonal Fresh Fruit 210	Seasonal Fresh Fruit 240	Seasonal Fresh Fruit 277	Seasonal Fresh Fruit 284	Seasonal Fresh Fruit 396	Seasonal Fresh Fruit 346	Seasonal Fresh Fruit
S N A C K	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
		Fresh Fruit Mozzeralla Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzeralla Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzeralla Cheese Stick	

Daily Alternate
 Peanut Butter & Jelly
 available at
 Lunch and Dinner

Daily Seasonal Fresh Fruit and Vegetable Choices may include :
 Oranges, Apples
 Bananas,
 Grapes, Peaches
 Pears, Pineapple
 Mixed Fruit Cup

Broccoli, Zucchini,
 Squash, Carrots
 Spinach, Cauliflower
 Mixed Fresh Cut
 Vegetable Blends,
 and
 other fresh fruits
 and vegetables that
 are in season.
 When possible,
 produce is
 purchased from
 local growers.

All daily bread selections are Whole Grain



The Bradley Center

Cycle Menu Week 2



Daily Milk Choices:
 1% White Milk
 Fat Free Vanilla Milk
 Fat Free Chocolate Milk

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk	Waffles Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk 350	Breakfast Pizza Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk 125	Omlet Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk 416	French Toast Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk 250	Hard Boiled Egg Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk 200	English Muffin with Jelly Cereal Seasonal Fresh Fruit Assorted Yogurt Assorted Fruit Juice Choice of Milk
L U N C H	Pretzel Dog Deli Turkey Sandwich Mixed Vegetable Seasonal Fresh Fruit Choice of Milk 330	Hot Dog Baked Beans Assorted Deli Meats Sandwich on Whole Grain Bread Peas Fresh Salad Bar Red Grapes Fresh Fruit Choice of Milk 290	Taco's Assorted Deli Meats Sandwich on Whole Grain Bread California Blend Fresh Salad Bar Pineapple Fresh Fruit Choice of Milk 315	Chicken Alfredo Assorted Deli Meats Sandwich on Whole Grain Bread Broccoli Fresh Salad Bar Cantaloupe Fresh Fruit Choice of Milk 285	Fish Sandwich Sweet Potato Fries Assorted Deli Meats Sandwich on Whole Grain Bread Corn Fresh Salad Bar Honeydew Fresh Fruit Choice of Milk 355	Pizza Assorted Deli Meats Sandwich on Whole Grain Bread Italian Vegetable Fresh Salad Bar Red Grapes Fresh Fruit Choice of Milk 300	Roast Beef And Cheddar Sandwich Deli Ham Sandwich Mixed Vegetable Seasonal Fresh Fruit Choice of Milk 390
D I N N E R	Chicken Quesidilla Tossed Salad Seasonal Fresh Fruit 220 Choice of Milk	Spaghetti and Meatballs WG Roll Prince Edward Vegetable Tossed Salad Seasonal Fresh Fruit 250 Choice of Milk	Seasame Chicken Brown Rice Broccoli Tossed Salad Seasonal Fresh Fruit 300 Choice of Milk	Meatloaf Mashed Potato Tossed Salad Seasonal Fresh Fruit 281 Choice of Milk	Cheeseburger Sweet Potato Fries Country 3-way Vegetable Tossed Salad Seasonal Fresh Fruit 201 Choice of Milk	Ham, Egg, and Cheese on English Muffin Hashbrown Tossed Salad Seasonal Fresh Fruit 375 Choice of Milk	Chicken Nuggets Waffle Fries Mixed Vegetable Tossed Salad Seasonal Fresh Fruit 430 Choice of Milk
S N A C K		Fresh Fruit Mozzarella Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzarella Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzarella Cheese Stick	

Daily Alternate
 Peanut Butter & Jelly
 available at Lunch and Dinner

Daily Seasonal Fresh Fruit and Vegetable Choices may include :
 Oranges, Apples, Bananas, Grapes, Peaches, Pears, Pineapple, Mixed Fruit Cup
 Broccoli, Zucchini, Squash, Carrots, Spinach, Cauliflower, Mixed Fresh Cut Vegetable Blends,
 and
 other fresh fruits and vegetables that are in season. When possible, produce is purchased from local growers.

All daily bread selections are Whole Grain



The Bradley Center

Cycle Menu Week 3



Daily Milk Choices:
 1% White Milk
 Fat Free Vanilla Milk
 Fat Free Chocolate Milk

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Cereal	Cottage Cheese with Fruit	Pancakes Syrup	Breakfast on a stick	Sausage Gravy over Biscuits	Hard Boiled Egg	English Muffin with Jelly
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt
	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice
	Choice of Milk	Choice of Milk 350	Choice of Milk 125	Choice of Milk 416	Choice of Milk 250	Choice of Milk 200	Choice of Milk
L U N C H	Spicy Chicken Sandwich	Penne with Meatsauce WG Roll	Mini Corn Dogs WG Roll	Chicken Mashed Potato Bowl	Pulled Pork Sandwich Coleslaw	Pizza Cheese Sticks	Meatball Sub
	Deli Turkey Sandwich	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Deli Ham Sandwich
	Mixed Vegetables	Sugar Snap Peas	Seasoned Carrots	Stewed Tomatoes	Corn	Italian Vegetable	Mixed Vegetable
	Seasonal Fresh Fruit	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Seasonal Fresh Fruit
	Choice of Milk	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Choice of Milk
230	Choice of Milk 426	Choice of Milk 220	Choice of Milk 360	Choice of Milk 356	Choice of Milk 315	300	
D I N N E R	Stuffed Shells WG Roll	Chicken Ceasar Salad	Glazed Ham Baked Potato	General Tso's Chicken	Corn Dog	BBQ Chicken Baked Beans	Chicken Fingers Tater Tots
	Mixed Vegetables	Capri Vegetable	Succatash	Broccoli	Peas	Roasted Zucchini	Mixed Vegetables
	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
335	280	249	350	205	478	330	
Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	
S N A C K		Fresh Fruit Mozzarella Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzarella Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzarella Cheese Stick	

Daily Alternate
 Peanut Butter & Jelly
 available at
 Lunch and Dinner

Daily Seasonal Fresh Fruit and Vegetable Choices may include :
 Oranges, Apples
 Bananas, Grapes, Peaches
 Pears, Pineapple
 Mixed Fruit Cup
 Broccoli, Zucchini,
 Squash, Carrots
 Spinach, Cauliflower
 Mixed Fresh Cut
 Vegetable Blends,
 and
 other fresh fruits
 and vegetables that
 are in season.
 When possible,
 produce is
 purchased from
 local growers.

All daily bread selections are Whole Grain



The Bradley Center

Cycle Menu Week 4



Daily Milk Choices:
 1% White Milk
 Fat Free Vanilla Milk
 Fat Free Chocolate Milk

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
B R E A K F A S T	Cereal	Waffles Syrup Cereal	Breakfast Pizza Cereal	Breakfast Burrito Cereal	Omlets` Cereal	French Toast Sticks Cereal	Bagels With Cream Cheese Cereal
	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit
	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt	Assorted Yogurt
	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice	Assorted Fruit Juice
	Choice of Milk 170	Choice of Milk 158	Choice of Milk 200	Choice of Milk 160	Choice of Milk 210	Choice of Milk 80	Choice of Milk 170
L U N C H	Kielbasa on WG Bun	Bacon Cheeseburger	Hot Ham and Cheese on Pretzel Roll	Hot Sausage	Macaroni and Cheese	Pizza	French Toast Sausage
	Deli Turkey Sandwich	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Assorted Deli Meats Sandwich on Whole Grain Bread	Deli Ham Sandwich
	Mixed Vegetable	Seasoned Carrots	Creamed Spinach	Peppers & Onions	Italian Vegetable	Seasonal Fresh Fruit	Mixed Vegetable
	Seasonal Fresh Fruit	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Fresh Salad Bar	Choice of Milk
	Choice of Milk 270	Seasonal Fresh Fruit Choice of Milk 240	Seasonal Fresh Fruit Choice of Milk 340	Seasonal Fresh Fruit Choice of Milk 375	Seasonal Fresh Fruit Choice of Milk 315	Seasonal Fresh Fruit Choice of Milk 300	Seasonal Fresh Fruit Choice of Milk 210
D I N N E R	Chicken Biscuits	Roasted Chicken Seasoned Potatoes Capri Vegetables	Baked Potato Assorted Toppings	Stuffed Chicken Mashed Potato Corn	Lasagna Prince Edward Vegetable	Pulled Chicken Sandwich Peas	Hot Dog Baked Chips
	Mixed Vegetable	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Tossed Salad	Mixed Vegetable
	Tossed Salad	Seasonal Fresh Fruit 287	Seasonal Fresh Fruit 290	Seasonal Fresh Fruit 227	Seasonal Fresh Fruit 227	Seasonal Fresh Fruit 250	Seasonal Fresh Fruit 330
	Seasonal Fresh Fruit 375 Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk	Choice of Milk
S N A C K		Fresh Fruit Mozzerella Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzerella Cheese Stick	Fresh Fruit Belly Bears	Fresh Fruit Mozzerella Cheese Stick	

Daily Alternate
 Peanut Butter &
 Jelly
 available at
 Lunch and Dinner

**Daily Seasonal
 Fresh Fruit and
 Vegetable Choices
 may include :**
 Oranges, Apples
 Bananas,
 Grapes, Peaches
 Pears, Pineapple
 Mixed Fruit Cup
 Broccoli, Zucchini,
 Squash, Carrots
 Spinach, Cauliflower
 Mixed Fresh Cut
 Vegetable Blends,
 and
 other fresh fruits
 and vegetables that
 are in season.
 When possible,
 produce is
 purchased from
 local growers.

All daily bread
 selections are
 Whole Grain