

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Cereal and milk 3	Apple Jack Pancake 4 1 WG Pancake w Applesauce Topping ½ c Pineapple ¾ c Milk	1 Hardboiled Egg (2 oz m/ma) 1 WG Biscuit 1 oz w PC Jelly ½ c Honeydew ¾ c Milk	Cereal and milk 6	¾ c Scrambled Eggs (2 oz m/ma) 1 WG Biscuit (1 oz) ½ c Pears. ¾ c Milk
L U N C H	A Taste of the South 2 oz Oven Fried Chicken Leg 1 Wheat Roll ¼ c Black Eyed Peas ¼ c Apple Slices (2-3) ¾ c Milk <i>Veg: 3 Chickenless Nuggets*</i>	Let's have a Picnic 2 oz CN Hamburger Patty 1 WG Bun ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk <i>Veg: 3/8 c Hummus(1.5 m/ma) in WG 1 oz Pita)</i>	Finger Lickin Good 2 Tyson Chicken Tenders 1 oz Cornbread ¼ c Broccoli w Ranch 2 Orange Wedges ¾ c Milk <i>Veg: 3 Dr Praegers Chicken sub nuggets 2 oz m/ma</i>	Make Your Own Tuna Boat ¼ c Tuna Fish ½ Slice Cheddar Cheese on the Angle 1 WG Hot Dog Bun (2 oz) ¼ c Baby Carrots Oars ¼ c Honeydew ¾ c Milk <i>Veg: ¼ c Chickpea salad</i>	Tooty Fruity Salad 1 Cheese Manicotti w Tomato Basil Sauce • 1 ½ oz m/ma, 2 oz WG Grain (2.75 oz) ½ c Field Greens Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>
B R E A K F A S T	Cereal and milk 10	11 ¼ c WG Oatmeal ½ c Peaches ¾ c Milk	12 ½ WG Bagel w Cream Cheese ½ c Pears ¾ c Milk	Cereal and milk 13	14 ¾ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Melon Salad ¾ c Milk
L U N C H	Breakfast for Lunch ½ WW English Muffin 4 Turkey Sausage Bites (2 oz m/ma) ¼ c Home Fried Potatoes ½ Apple ¾ c Milk <i>Veg: 1 Hard Boiled Egg (2 oz m/ma)</i>	Stick to Your Ribs 3 Meatballs w Marinara Sauce ¼ c WG Penne Pasta PC Parmesan Cheese ¼ c Petite Broccoli w Italian ¼ c Honeydew ¾ c Milk <i>Veg: 3 Veggie Meatballs</i>	Arroz con Pollo (Chicken & Rice) ¼ c Diced Chicken w ¼ c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c WG Rice ¼ c Watermelon ¾ c Milk <i>Veg: 3 Chickless Nuggts</i>	Buen Apetito ½ c Beef Picadillo #8 1 ½ oz Meat ¼ c WG Rice ½ c Spinach Salad w Creamy Italian ¼ c Pears ¾ c Milk <i>Veg: Bean Piccadillo</i>	Make Your Own Burrito ¼ c Black Beans & 1/8 c Monterrey Cheese 1 6 in WW Tortilla (1 oz) ½ oz Mild Salsa ½ c Shredded Kale Blend ¼ c Pineapple ¾ c Milk <i>Veg: Same</i>
B R E A K F A S T	Cereal and milk 17	18 2 French Toast Bites ½ c Mandarin Oranges ¾ c Milk	19 2 oz Strawberry Banana Yogurt 1 Blueberry Mini Muffin ½ Banana ¾ c Milk	Cereal and milk 20	21 ½ Cheese Omelet 1 WG Biscuit ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	<p>Italian</p> <p>2 Chicken Tenders (2 oz) PC Marinara Sauce 1oz WG Breadstick ¼ c Baby Carrots ½ Apple ¾ c Milk</p> <p><i>Veg: 3 Chix Tenders</i></p>	<p>Fiesta Beans & Rice</p> <p>½ c Red Beans ¼ c WG Rice ¼ c Broccoli w Ranch ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: Same</i></p>	<p>Tooty Fruity Salad</p> <p>2 oz Oven Fried Chicken Leg 1 oz Corn Muffin ¼ c Steamed Greens ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: 4 oz Yogurt 1 oz String Cheese</i></p>	<p>Catch & Release Sandwich</p> <p>3 oz WG CN Fish Fillet ¼ c WG Rice (½ oz Grain) ¼ c Cole Slaw ¼ c Honeydew ¾ c Milk Milk</p> <p><i>Veg: 6 oz Yogurt</i></p>	<p>Comfort Lunch</p> <p>½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans ½ c Spinach Salad w Italian ¼ c Watermelon ¾ c Milk</p> <p><i>Veg: Same</i></p>
BREAKFAST	<p>Cereal and milk 24</p>	<p>25 2 WG French Toast Sticks ½ c Apple Slices (4-6 slices) ¾ c Milk</p>	<p>26 ½ Stuffed Mini Bagel ½ c Pineapple ¾ c Milk</p>	<p>27 Cereal and milk</p>	<p>28 1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ½ c Pears ¾ c Milk</p>
LUNCH	<p>1 1/2 oz Turkey (3 slices) 1 SI Cheddar Cheese (1/2 oz) 1 WG Bread 1/4 c 3 Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk</p> <p><i>Veg: Veg: ½ c Yogurt 1 oz m/ma & 1 oz String Cheese 1 oz m/ma</i></p>	<p>Use Your Noodle Bake</p> <p>½ c Beef & Macaroni Pasta Bake #8 • 2 oz Beef, ¼ c WG Noodles(½ oz) ½ c Field Green Salad w Ranch 2 Orange Wedges ¾ c Milk</p> <p><i>Veg: Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i></p>	<p>Chili Tater</p> <p>½ c Chili con Carne 1 oz Corn Muffin ¼ c Roasted Potatoes ¼ c Pears ¾ c Milk</p> <p><i>Veg: ½ c Vegetarian Chili</i></p>	<p>Asian</p> <p>¼ c Honey Glazed Chicken (1.5 oz m/ma) #16 ¼ c Brown WG Rice ¼ c Broccoli w Ranch ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets*</i></p>	<p>Make Your Own Pizza</p> <p>½ WW English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese ¼ c Marinara Sauce (Hot) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>
BREAKFAST	<p>Cereal and milk 31</p>				
LUNCH	<p>A Taste of the South</p> <p>2 oz Oven Fried Chicken Leg 1 Wheat Roll ¼ c Black Eyed Peas ¼ c Apple Slices (2-3) ¾ c Milk</p> <p><i>Veg: 3 Chickenless Nuggets*</i></p>				