

	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 ¼ c Pineapple ½ c Milk	5 1 Hardboiled Egg ½ WG Biscuit w PC Jelly ¼ c Honeydew ½ c Milk	Cereal and milk 6	7 ¼ c Scrambled Eggs 1 WG Biscuit ¼ c Pears ½ c Milk
L U N C H	A Taste of the South 1 Chicken Tenders 1 Wheat Roll 1/8 c Black Eyed Peas 1/8 c Applesauce ½ c Milk <i>Veg: 2 Chickenless Nuggets*</i>	Let's have a Picnic 2 oz CN Hamburger Patty 1 WG Bun 1/8 c Diced Cucumber 1/8 c Cantaloupe ½ c Milk <i>Veg: ¼ c Hummus(1.5 m/ma) in WG 1 oz Pita</i>	Finger Lickin Good 1 Tyson Chicken Tenders (1 oz m/ma) 1 oz Cornbread 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Dr Praegers Chicken sub nuggets 2 oz m/ma</i>	Make Your Own Tuna Boat 1/8 c Tuna Fish ½ slice Cheddar Cheese on the angle ½ WG Hot Dog Bun 1/8 c Zucchini Sticks 1/8 c Honeydew ½ c Milk <i>Veg: ¼ c Chickpea salad</i>	Tooty Fruity Salad 1 Cheese Manicotti w Tomato Basil Sauce 1 ½ oz Cheese, 2 oz WG Grain (2.75 oz) 1/8 c Steamed Yellow Squash 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>
B R E A K F A S T	Cereal and milk 10	11 ¼ c WG Oatmeal (0.7 oz) ¼ c Peaches ½ c Milk	12 ½ WG Bagel w Cream Cheese ¼ c Pears ½ c Milk	Cereal and milk 13	14 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ¼ c Melon Salad ½ c Milk
L U N C H	Breakfast for Lunch ½ WW English Muffin 2 Turkey Sausage Bites 1/8 c Home Fried Potatoes 1/8 c Applesauce ½ c Milk <i>Veg: 1 Hard Boiled Egg (2 oz m/ma)</i>	Stick to Your Ribs 2 Meatballs w Marinara Sauce ¼ c WG Penne Pasta PC Parmesan Cheese 1/8 c Steamed Petite Broccoli 1/8 c Honeydew ½ c Milk <i>Veg: 2 Veggie Meatballs</i>	Arroz con Pollo (Chicken & Rice) ¼ c Diced Chicken w 1/8c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c WG Rice 1/8 c Watermelon ½ c Milk <i>Veg: 2 Chickless Nuggets</i>	Buen Appetito ½ c Beef Picadillo #8 1 ½ oz Meat ¼ c WG Rice (½ oz Grain) 1/8 c Steamed Spinach 1/8 c Pears ½ 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 ½ oz Mild Salsa 1/8 c Shredded Kale Blend 1/8 c Pineapple ½ c Milk <i>Veg: Same</i>
B R E A K F A S T	Cereal and milk 17	18 1 French Toast Bites (1.02 oz) ¼ c Mandarin Oranges ½ c Milk	19 2 oz Strawberry Banana Yogurt 1 Blueberry Mini Muffin ¼ Banana ½ c Milk	20 Cereal and milk	21 1 Cheese Omelet 1 WG Biscuit 1 oz ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk
L U N C H	Italian 1 Chicken Tenders PC Marinara Sauce 1 WG Breadstick 1/8 c Steamed Baby Carrots 1/8 c Applesauce ½ c Milk	Fiesta Beans & Rice ¼ c Red Beans ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Pineapple ½ c Milk	Tooty Fruity Salad 1 Chicken Tenders 1 oz Corn Muffin 1/8 c Steamed Greens 1/8 c Tropical Fruit Salad ½ c Milk	Catch & Release Sandwich 3 oz WG CN Fish Fillet ¼ c WG Rice (½ oz Grain) 1/8 c Cole Slaw 1/8 c Honeydew ½ c Milk	Comfort Lunch ½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans 1/8 c Steamed Zucchini 1/8 c Watermelon ½ c Milk

	<i>Veg: 2 Chix Tenders</i>	<i>Veg: Same</i>	<i>Veg: 4 oz Yogurt 1 oz String Cheese</i>	<i>Veg: 6 oz Yogurt</i>	<i>Veg: Same</i>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Cereal and milk 24	2 WG French Toast Sticks ¼ c Applesauce ½ c Milk 25	½ Stuffed Mini Bagel (1 oz grain) ¼ c Pineapple ½ c Milk 26	Cereal and milk 27	1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ¼ c Pears ½ c Milk 28
L U N C H	½ oz Turkey (1 Slices) ½ oz SI Cheddar Cheese 1 WG Bread 1/8 c 3 Bean Salad 1/8 c Tropical Fruit Salad ¾ c Milk <i>Veg: ½ c Yogurt 1 oz m/ma & 1 oz String Cheese 1 oz m/ma</i>	<u>Use Your Noodle Bake</u> ½ c Beef & Macaroni Pasta Bake #8 • 2 oz Beef, ¼ c WG Noodles(½ oz) 1/8 c Diced Cucumber w Ranch 1/8 c Mandarin Oranges ½ c Milk <i>Veg: Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	<u>Chili Tater</u> ½ c Chili con Carne 1 oz Corn Muffin 1/8 c Roasted Potatoes 1/8 c Pears ½ c Milk <i>Veg: ½ c Vegetarian Chili</i>	<u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice 1/8 c Steamed Broccoli 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Honey Glazed Chickenless Nuggets*</i>	<u>Make Your Own Pizza</u> ½ WW English Muffin 1 oz 2 TBSP Shredded Cheese 1 oz String Cheese ¼ c Marinara Sauce (Hot) 1/8 c Steamed Zucchini 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>
B R E A K F A S T	Cereal and milk 31				
L U N C H	<u>A Taste of the South</u> 1 Chicken Tenders 1 Wheat Roll 1/8 c Black Eyed Peas 1/8 c Applesauce ½ c Milk <i>Veg: 2 Chickenless Nuggets*</i>				