

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	3 Apple Jack Pancake 1 WG Pancake [E][G][S][C] Applesauce ½ c Pineapple ¾ c Milk [D]	4 Apple Jack Pancake 1 WG Pancake [E][G][S][C] Applesauce ½ c Pineapple ¾ c Milk [D]	5 1 Hardboiled Egg [E] 1oz WG Biscuit [G]w PC Grape Jelly [C] ½ c Honeydew ¾ c Milk [D]	6 1 Hardboiled Egg [E] 1oz WG Biscuit [G]w PC Grape Jelly [C] ½ c Honeydew ¾ c Milk [D]	7 ¼ c Scrambled Eggs [E][S] 1 WG Biscuit [G][S] ½ c Pearst. ¾ c Milk [D]
L U N C H	A Taste of the South 2 oz Oven Fried Chicken Leg EHS 1 Chicken Tenders [G][S][C] 1 Wheat Roll [G][S][C] ¼ c Black Eyed Peas ¼ c Apple Slices (2-3) EHS 1/8 c Applesauce ¾ c Milk [D] <i>Veg: 3 Chicken Sub Nuggets [E][G][S][C]* w</i>	Let's have a Picnic 2 oz CN Hamburger Patty [S] 1 WG Bun [G][S] ½ c Spinach Salad w Ranch [D][E][S] <i>EHS 1/8 c Cucumber Slices</i> ¼ c Cantaloupe <i>EHS Diced</i> ¾ c Milk [D] <i>Veg: ½ c Hummus ½ WG w Pita [G][S][C] (1 oz g)</i>	Finger Lickin Good 2 Tyson Chicken Tenders [G][S][C] 1 oz Cornbread [E][G][C] ¼ c Broccoli w Ranch [D][E][S] 2 Orange Wedges ¾ c Milk [D] <i>Veg: 3 Dr Praegers Chicken sub nuggets [E][G][S][C] 2 oz m/ma</i>	Make Your Own Tuna Boat ¼ c Tuna Fish [G][E][S][C][F] ½ slice Cheddar Cheese [D] 1 WG Hot Dog Bun [G][C] (2 oz) ¼ c Baby Carrots Oars ½ c <i>EHS 1/8 c Zucchini Sticks</i> ¼ c Honeydew ¾ c Milk [D] <i>Veg: ¼ c Chickpea salad [E][S][C]</i>	Tooty Fruity Salad 1 Cheese Manicotti [D][E][G][C]w Tomato Basil Sauce [D] 1 ½ oz Cheese, 2 oz WG Grain (2.75 oz) ½ c Field Greens Salad w Ranch [D][E][S] <i>EHS 1/8 c Steamed Yellow Squash</i> ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] <i>Veg: Same</i>
B R E A K F A S T	10 ¼ c WG Oatmeal (0.7 oz) ½ c Peaches ¾ c Milk [D]	11 ¼ c WG Oatmeal (0.7 oz) ½ c Peaches ¾ c Milk [D]	12 ½ WG Bagel [G][S][C] w Cream Cheese [D] ½ c Pears ¾ c Milk [D]	13 ½ WG Bagel [G][S][C] w Cream Cheese [D] ½ c Pears ¾ c Milk [D]	14 ¼ c Scrambled Eggs [E][S] 1 WG Biscuit [G][S] (1 oz) ½ c Melon Salad ¾ c Milk [D]
L U N C H	Breakfast For Lunch ½ WW English Muffin [G][S] 4 Turkey Sausage Bites [S] (2 oz) ¼ c Home Fries (Poppin Potatoes) ½ Apple (2-3 Slices) <i>EHS Applesauce</i> ¾ c Milk [D] <i>Veg: 1 Hard Boiled Egg [E]</i>	Stick to Your Ribs 3 Meatballs [D][T][G][S] (1 ½ oz) w Marinara Sauce [T] ¼ c WG Penne Pasta [G] (½ oz Grain) PC Parmesan Cheese [D] ¼ c Petite Broccoli w Veggie Dip [D][E][S] <i>EHS Steamed</i> ¼ c Honeydew ¾ c Milk [D] <i>Veg: 3 Veggie Meatballs [G][S] or [C]</i>	Arroz con Pollo ¼ c Diced Chicken w ¼ c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c WG Rice ¼ c Watermelon ¾ c Milk [D] <i>Veg: 3 Chickless Nuggets [G][S]</i>	Buen Apetito ½ c Beef Picadillo #8 [T] 1 ½ oz Meat ¼ c WG Rice (½ oz Grain) ½ c Spinach Salad w Creamy Italian [S] ¼ c Pears ¾ c Milk [D] <i>Veg: ¾ c Bean Piccadillo [T]</i>	Make Your Own Burrito ¼ c Black Beans [C][T] & 1/8 c Monterrey Cheese [D] (1 ½ oz Meat Alternate) 2-6 in WW Tortilla [G][S] (1 oz) ½ oz Mild Salsa [T] ½ c Shredded Kale Blend ¼ c Pineapple ¾ c Milk [D] <i>Veg: Same</i>
B R E A K F A S T	17 2 French Toast Bites [D][E][G][S][C] ½ c Mandarin Oranges ¾ c Milk [D]	18 2 French Toast Bites [D][E][G][S][C] ½ c Mandarin Oranges ¾ c Milk [D]	19 2 oz Yogurt [D] 1 Blueberry Mini Muffin 1 oz [E][G][S][C] ¼ Banana ¾ c Milk [D]	20 2 oz Yogurt [D] 1 Blueberry Mini Muffin 1 oz [E][G][S][C] ¼ Banana ¾ c Milk [D]	21 1 Cheese Omelet [D][E][S][C] 1 WG Biscuit 1 oz [G][S] ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]

Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

Oats

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