


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T		1			1
					1 Cheese Omelet [M] [E] [S] [C] 1 WG Biscuit 1 oz [M] [G] [S] ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M]
L U N C H					½ c Macaroni & Cheese [M] [E] [G] [S] [C] • ¼ oz Cheese; ¼ c WG Noodles 3/8 c Vegetarian Baked Beans [C] ½ c Spinach Salad w Italian [S] [C] ¼ c Peaches ¾ c Milk [M]
B R E A K F A S T	Cereal and Milk	1 WG French Toast [E] [G] [S] [C] (1.5 oz) ½ c Apple Slices ¾ c Milk [M]	1 WG Stuffed Mini Bagel [M] [G] [S] [C] ½ c Pineapple ¾ c Milk [M]	Cereal and Milk	1 Egg Biscuit [M] [E] [G] [S] (1 oz WG Biscuit/1oz Egg Patty)
L U N C H	<u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp Hummus [SE] ½ oz Cheddar Cheese [M] 1 WG Flour Tortilla (1 oz) [G] [S] ½ c Spinach Salad w Italian [S] [C] ¼ c Pears ¾ c Milk [M]	1 Chicken Patty [G] [S] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk [M]	2 oz Meatloaf [M] [G] [T] [S] [C] 1 WG Corn Muffin (1 oz) [E] [G] [S] [C] ¼ c Cheesy Mashed Potatoes [M] ¼ c Honeydew EHS Diced ¾ c Milk [M]	<u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 [G] [S] ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch [M] [E] [G] ¼ c Mandarin Oranges ¾ c Milk [M]	<u>Make Your Own Pizza</u> ½ WW English Muffin [M] [G] [S] 1 oz 2 TBSP Shredded Mozzarella Cheese [M] 1 oz String Cheese [M] ¼ c Tomato Sauce [T] (Hot) ½ c Spinach Salad w Italian [S] [C] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M]
B R E A K F A S T	Cereal and Milk	1 WG Pancake [M] [G] [S] [C] / Applesauce Topping 1 oz ½ c Pineapple ¾ c Milk [M]	1 Hardboiled Egg [E] 1 WG Biscuit [M] [G] [S] w PC Jelly [C] ½ c Honeydew ¾ c Milk [M]	Cereal and Milk	1 c Scrambled Eggs [M] [E] [S] 1 WG Biscuit [M] [G] [S] ½ c Apricots. ¾ c Milk [M]
L U N C H	2 oz Oven Fried Chicken Leg [G] [S] 1 WG Wheat Roll [G] [S] [C] (1 oz) ¼ c Glazed Carrots [M] [CN] [S] ¼ c Apple Slices (2-3) ¾ c Milk [M]	2 oz CN Hamburger Patty [S] [C] 1 WG Bun (1.8 oz) [G] [S] ½ c Spinach Salad w Ranch [M] [E] [G] ¼ c Cantaloupe ¾ c Milk [M]	<u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat alternate) #8 [T] [C] 1 WG Bun (1.8 oz) [G] [S] ¼ c Cole Slaw [E] [S] [C] 2 Orange Wedges ¾ c Milk [M]	3/8 c Beef Picadillo [T] ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip [S] [C] ¼ c Pears ¾ c Milk [M]	1 Cheese Manicotti [M] [E] [G] [C] (2.75oz) w Tomato Basil [T] • 1 ½ oz cheese 2 oz WG grain ½ c Romaine Salad w Ranch [M] [E] [G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [M]

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	18	19	20	21	22
	 <p>Presidents' Day</p> <p>Holiday "Presidents' Day"</p>	<p>¼ c WG Oatmeal (0.7 oz)</p> <p>½ c Peaches</p> <p>¾ c Milk [M]</p> <hr/> <p style="text-align: center;">Mediterranean Cold Lunches</p> <p>¼ c Seasoned Chicken Strips (2 oz)</p> <p>½ WG Pita (1 oz) [G] [S] [M] [E]</p> <p>1 Tbsp Hummus</p> <p>¼ c Three Bean Salad</p> <p>¼ c Tropical Fruit Salad</p> <p>¾ c Milk [M]</p>	<p>½ WG Bagel [G] [S] [C] w Cream Cheese [M]</p> <p>½ c Pears</p> <p>¾ c Milk [M]</p> <hr/> <p>½ c Beef & Bean Chili [T] [C]</p> <p style="text-align: center;"><i>2 oz meat/meat alternate</i></p> <p>1 oz Cornbread [M] [E] [G] [S] [C]</p> <p>½ c Romaine with Ranch [M] [E] [G]</p> <p>2 Orange Wedges</p> <p>¾ c Milk [M]</p>	<p>Cereal and Milk</p> <hr/> <p>3 oz WG Fish Fillet [M] [G] [C] [F] (1.5 oz MMA)</p> <p>¼ c Bolivian Rice (½ oz Grain) [M]</p> <p>½ c Spinach Salad w Italian [S] [C]</p> <p>¼ c Honeydew</p> <p>¾ c Milk [M]</p>	<p>¼ c Scrambled Eggs [M] [E] [S]</p> <p>1 WG Biscuit [M] [G] [S] (1 oz)</p> <p>½ c Melon Salad</p> <p>¾ c Milk [M]</p> <hr/> <p style="text-align: center;">Make Your Own Burrito</p> <p>¼ c Black Beans & 1/8 c Monterrey Cheese [M]</p> <p>1-6 in WW Tortilla (1 oz) [G] [S]</p> <p>PC Mild Salsa [T]</p> <p>½ c Shredded Lettuce</p> <p>¼ c Pineapple</p> <p>¾ c Milk [M]</p>
L U N C H	Cereal and Milk	26	27	28	
	<p>Cereal and Milk</p> <hr/> <p style="text-align: center;">Italian</p> <p>2 Chicken Tenders 2 oz [G] [S] [C]</p> <p>PC Marinara Sauce [T]</p> <p>1 WG Breadstick (1.2 oz) [G] [S]</p> <p>[M] [E]</p> <p>¼ c Baby Carrots</p> <p>½ Apple</p> <p>¾ c Milk [M]</p>	<p>2 French Toast Bites [M] [E] [G] [S] [C] (1.02 oz)</p> <p>½ c Cantaloupe</p> <p>¾ c Milk [M]</p> <hr/> <p>½ c Beef & Macaroni Pasta Bake #8 [G]</p> <p>[T]</p> <p style="text-align: center;"><i>2 oz beef, ¼ c WG noodles(1.3 oz)</i></p> <p>¼ c Broccoli w Ranch [M] [E] [G]</p> <p>¼ c Pineapple</p> <p>¾ c Milk [M]</p>	<p>2 oz Yogurt [M]</p> <p>1 Blueberry Mini Muffin 1 oz [E] [G] [S] [C]</p> <p>½ c Tropical Fruit Salad</p> <p>¾ c Milk [M]</p> <hr/> <p>2 oz Oven Fried Chicken Leg [G] [S]</p> <p>1 oz WG Corn Muffin [E] [G] [S] [C]</p> <p>¼ c Cole Slaw [E] [S] [C]</p> <p>¼ c Honeydew EHS Diced</p> <p>¾ c Milk [M]</p>	<p>Cereal and Milk</p> <hr/> <p style="text-align: center;">Make Your Own Taco</p> <p>¼ c Beef Taco Meat (1.5 oz meat) [T]</p> <p>1 Tbsp Shredded Cheddar Cheese [M]</p> <p>1oz Hard WG Taco Shell [C]</p> <p>EHS 1 oz WG Tortilla [G] [S]</p> <p>½ c Shredded Lettuce</p> <p>PC Salsa [T]</p> <p>½ Banana</p> <p>¾ c Milk [M]</p>	