

Dairy/Milk [D] Egg [E] Tomato [T] Gluten/Wheat [G] Soy [S] Corn [C] Fish [F] Sesame [SE] Cinnamon [CN] No Peanuts or Tree Nuts are used in these menus

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 1 WG Stuffed Mini Bagel [D][G][S][C] ½ c Pineapple ¾ c Milk [D]	2 Cereal Fruit Milk	3 1 Egg Biscuit [D][E][G][S] <small>(1 oz WG Biscuit/1oz Egg Patty)</small> ½ c Pears ¾ c Milk [D]
LUNCH			2 oz Meatloaf [D][G][T][S][C] 1 WG Corn Muffin (1 oz) [E][G][S][C] ¼ c Cheesy Mashed Potatoes [D] ¼ c Honeydew EHS Diced ¾ c Milk [D] <i>Veg: Black Bean Patty* Gardenburger</i> [G][S][C]	<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 [D][E][G] ¼ c Mandarin Oranges ¾ c Milk [D] <i>Veg: 3 Honey Glazed Chickenless Nuggets*</i> [E][G][S][C]	<u>Make Your Own Pizza</u> ½ WW English Muffin [D][G][S] 1 oz 2 TBSP Shredded Mozzarella Cheese [D] 1 oz String Cheese [D] ¼ c Marinara Sauce [T] (Hot) ½ c Spinach Salad w Italian [S][C] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] <i>Veg: Same</i>
BREAKFAST	6 Cereal Fruit Milk	7 1 WG Pancake [D][G][S][C] / Applesauce Topping 1 oz ½ c Pineapple ¾ c Milk [D]	1 Hardboiled Egg [E] 1 WG Biscuit [D][G][S] w PC Jelly [C] ½ c Honeydew ¾ c Milk [D]	8 9 Cereal Fruit Milk	10 ¼ c Scrambled Eggs [D][E][S] 1 WG Biscuit [D][G][S] ½ c Apricots. ¾ c Milk [D]
LUNCH	2 oz Oven Fried Chicken Leg [G][S] 1 WG Wheat Roll [G][S][C] (1 oz) ¼ c Glazed Carrots [D][CN][S] ¼ c Apple Slices (2-3) ¾ c Milk [D] <i>Veg: 3 Chicken Sub Nuggets [E][G][S][C]*</i>	2 oz CN Hamburger Patty [S][C] 1 WG Bun (1.8 oz) [G][S] ½ c Spinach Salad w Ranch [D][E][G] ¼ c Cantaloupe ¾ c Milk [D] <i>Veg: Vegetarian Black Bean Burge* Gardenburger [G][S][C]</i>	<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 [D] <i>Veg: Same</i>	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 [D] <i>Veg: 1 Lasagna Roll - Up [D][E][T][G][C]</i>	1 Cheese Manicotti [D][E][G][C] (2.75oz) w Tomato Basil [T] • 1 ½ oz cheese 2 oz WG grain ½ c Romaine Salad w Ranch [D][E][G] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] <i>Veg: Same</i>
BREAKFAST	13 Cereal Fruit Milk	14 ¼ c WG Oatmeal (0.7 oz) ½ c Peaches ¾ c Milk [D]	½ WG Bagel [G][S][C] w Cream Cheese [D] ½ c Pears ¾ c Milk [D]	15 16 Cereal Fruit Milk	17 ¼ c Scrambled Eggs [D][E][S] 1 WG Biscuit [D][G][S] (1 oz) ½ c Melon Salad ¾ c Milk [D]
LUNCH	3 Meatballs (1.5 oz) [D][T][G][S] w Marinara Sauce [T] ¼ c WG Penne (½ oz) [G] PC Parmesan Cheese [D] ¼ c Baby Carrots w Veggie Dip [D] ½ Apple ¾ c Milk [D] <i>Veg: 3 Veggie Meatballs [D][G][S]</i>	<u>Mediterranean Cold Lunches</u> ¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) [G][S][D][E] 1 Tbsp Hummus [SE] ¼ c Petite Broccoli w Italian [S][C] ¼ c Tropical Fruit Salad ¾ c Milk [D] <i>Veg: 3/8 c Chickpeas</i>	½ c Beef & Bean Chili [T][C] <small>2 oz meat/meat alternate</small> 1 oz Cornbread [D][E][G][S][C] ½ c Romaine with Ranch [D][E][G] 2 Orange Wedges ¾ c Milk [D] <i>Veg: Vegetarian Chili [D][T][G]</i>	3 oz WG Fish Fillet [D][G][C][F] (1.5 oz MMA) ¼ c Bolivian Rice (½ oz Grain) [D] ½ c Spinach Salad w Italian [S][C] ¼ c Strawberries ¾ c Milk [D] <i>Veg: 6 oz Yogurt [D]</i>	<u>Make Your Own Burrito</u> ¼ c Black Beans & 1/8 c Monterrey Cheese [D] 1-6 in WW Tortilla (1 oz) [G][S] PC Mild Salsa [T] ½ c Shredded Lettuce ¼ c Pineapple ¾ c Milk [D] <i>Veg: Same</i>

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>20</p> <p>Cereal Fruit Milk</p>	<p>21</p> <p>2 French Toast Bites [D][E][G][S][C](1.02 oz) ½ c Cantaloupe ¾ c Milk [D]</p>	<p>22</p> <p>2 oz Yogurt [D] 1 Blueberry Mini Muffin 1 oz [E][G][S][C] ½ c Tropical Fruit Salad ¾ c Milk [D]</p>	<p>23</p> <p>Cereal Fruit Milk</p>	<p>24</p> <p>1 Cheese Omelet [D][E][S][C] 1 WG Biscuit 1 oz [D][G][S] ½ c Fresh Fruit Salad(Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D]</p>
LUNCH	<p><i>Italian</i></p> <p>2 Chicken Tenders 2 oz [G][S][C] PC Marinara Sauce [T] 1 WG Breadstick (1.2 oz) [G][S][D][E] ¼ c Baby Carrots ½ Apple ¾ c Milk [D]</p> <p><i>Veg: 2 Chix Tenders [E][G][S][C]</i></p>	<p>½ c Beef & Macaroni Pasta Bake #8 [G] • 2 oz beef, ¼ c WG noodles(1.3 oz) ¼ c Broccoli w Ranch [D][E][G] ¼ c Pineapple ¾ c Milk [D]</p> <p><i>Veg: ½ c Cheesy Macaroni Pasta Bake [D][G] w 1 Mozzarella Cheese Stick [D]</i></p>	<p>2 oz Oven Fried Chicken Leg [G][S] 1 oz WG Corn Muffin [E][G][S][C] ¼ c Cole Slaw [E][S][C] ¼ c Honeydew EHS Diced ¾ c Milk [D]</p> <p><i>Veg: 3 Chickenless Sub Nuggets [E][G][S][C] w Ketchup [C]</i></p>	<p><i>Make Your Own Taco</i></p> <p>¼ c Beef Taco Meat (1.5 oz meat) [T] 1 Tbsp Shredded Cheddar Cheese [D] 1oz Hard WG Taco Shell [C] EHS 1 oz WG Tortilla [G][S] ½ c Shredded Lettuce PC Salsa [T] ½ Banana ¾ c Milk [D] <i>Veg: ½ c Black Beans [T]</i></p>	<p>½ c Macaroni & Cheese [D][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 [D]</p> <p><i>Veg: Same</i></p>
BREAKFAST	<p>27</p> <p>STUDENT-HOLIDAY CLOSED</p>	<p>28</p> <p>1 WG French Toast [E][G][S][C] (1.5 oz) ½ c Apple Slices ¾ c Milk [D]</p>	<p>29</p> <p>1 WG Stuffed Mini Bagel [D][G][S][C] ½ c Pineapple ¾ c Milk [D]</p>	<p>30</p> <p>Cereal Fruit Milk</p>	<p>31</p> <p>1 Egg Biscuit [D][E][G][S] (1 oz WG Biscuit/1oz Egg Patty) ½ c Pears ¾ c Milk [D]</p>
LUNCH	<p>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 [D]</p> <p><i>Veg: Black Bean Patty* Gardenburger [G][S][C]</i></p>	<p>2 oz Meatloaf [D][G][T][S][C] 1 WG Corn Muffin (1 oz) [E][G][S][C] ¼ c Cheesy Mashed Potatoes [D] ¼ c Strawberries ¾ c Milk [D]</p> <p><i>Veg: Black Bean Patty* Gardenburger [G][S][C]</i></p>	<p><i>Asian</i></p> <p>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 [D][E][G] ¼ c Mandarin Oranges ¾ c Milk [D]</p> <p><i>Veg: 3 Honey Glazed Chickenless Nuggets* [E][G][S][C]</i></p>	<p><i>Make Your Own Pizza</i></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 [T] (Hot) ½ c Spinach Salad w Italian [S][C] ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk [D] <i>Veg: Same</i></p>	