


	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 Cereal and milk	2 1 WG Pancake w Syrup ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk	3 ½ WG English Muffin w PC Jelly ¼ c Melon Salad ½ c Milk	4 Cereal and milk	5 ¼ c Scrambled Eggs 1 WG Biscuit ¼ c Mandarin Oranges ½ c Milk
LUNCH	3/8 c Chili 1 ½ oz MMA 1 Mini Corn Muffin (0.9 oz) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk <i>Veg: ¼ c Vegetarian Chili</i>	<u>Morocco</u> 1 oz Moroccan Chicken 3/8 c Vegetable 3/8 c Curried Couscous 1/8 c Cantaloupe ½ c Milk <i>Veg: 3/8 c Moroccan Chickpeas (1.5 oz MMA)</i>	<u>Swedish Lunch</u> 2 Swedish Meatballs (2 oz MMA) in Gravy ¼ c WG Rice & Beets 1/8 c Pineapple ½ c Milk <i>Veg: ½ c Vegetarian Baked Beans (1.5 oz MMA)</i>	½ c Chicken Alfredo w/ A WG • 1.13 oz MMA 0.6 oz Grain ¼ c Shredded Lettuce with Italian 1/8 c Applesauce ½ c Milk <i>Veg: 1 ½ Dr Praeger's Chix Nuggets (1 oz MMA) w/ Alfredo Sauce and ¼ c WG Rotini</i>	1 Cheese Manicotti w Tomato Basil Sauce • 1 ½ oz Cheese, 2 oz WG Grain (2.75 oz) ¼ c Steamed Broccoli 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>
BREAKFAST	8 Cereal and milk	9 ¼ c WG Oatmeal ¼ c Honeydew ½ c Milk	10 ½ WG Bagel & Cream Cheese ¼ c Applesauce ½ c Milk	11 Cereal and milk	12 1 Cheese Omelet 1 oz WG English Muffin w PC Jelly ¼ c Pears ½ c Milk
LUNCH	<u>Japan</u> 1 oz Teriyaki Chicken ¼ c WG Rice (½ oz Grain) 1/8 c Asian Succotash (Baby Corn, Lima Beans, Tomato) 1/8 c Pineapple ½ c Milk <i>Veg: 1 ½ Dr Praegers Chix Nuggets w Teriyaki Sauce</i>	<u>1 ½ oz Meat</u> 3/8 c Beef Picadillo #8 ¼ c WG Rice (½ oz Grain) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk <i>Veg: Bean Piccadillo (1.5 oz MMA)</i>	<u>Breakfast for Lunch</u> 2 Turkey Sausage Bites (1.5 oz MMA) 1 WG Pancake (2.28 oz) w Lite Syrup ¼ c Creamed Spinach & Greens 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk <i>Veg: ½ c Yogurt (1 oz MMA) & 1 oz String Cheese</i>	1 oz Beef Patty (1.5 oz MMA) 1 WG Bun (1.8 oz) 1/8 c Glazed Carrots 1/8 c Cantaloupe ½ c Milk <i>Veg 3/8 c Barbecue Kidney Beans (2 oz MMA) w/ ½ WG w Pita (1 oz G)</i>	½ c Seasoned Red Beans & WG Rice • ¼ c Beans; ¼ c Rice ¼ c Steamed Broccoli 1/8 c Applesauce ½ c Milk <i>Veg: Same</i>
BREAKFAST	15  1 WG Pancake w Syrup ¼ c Honeydew ½ c Milk	16 <u>Apple Jack Pancake</u> 1 WG Pancake w Syrup ¼ c Honeydew ½ c Milk	17 ½ WG English Muffin w PC Jelly ¼ c Melon Salad ½ c Milk	18 Cereal and milk	19 ¼ c Scrambled Eggs 1 WG Biscuit ¼ c Mandarin Oranges ½ c Milk
LUNCH	Holiday President's Day ¼ c Turkey Sloppy Joe 1 oz WG Bun 1/8 c Creamed Spinach & Greens 1/8 c Applesauce ½ c Milk <i>Veg: ½ c Bean Sloppy Joe (1.5 oz MMA)</i>	<u>China</u> 1/8 c Stir Fried Beef ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk <i>Veg: ¼ c Stir Fried Tofu (1oz MMA)</i>	1/8 c Stir Fried Beef ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk <i>Veg: ¼ c Stir Fried Tofu (1oz MMA)</i>	1 Chicken Tenders 1/8 c Coin Carrots 1 Mini Corn Muffin (0.9 oz) 1/8 c Peaches ½ c Milk <i>Veg: 1 ½ Dr Praeger's Chix Nuggets 1 oz MMA</i> <i>Alt: ½ Cheese Sandwich, 4 oz Yogurt (1 ½ oz MMA)</i>	½ c WG Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans 1/8 c Steamed Spinach 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>

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BREAKFAST	Cereal and milk 22	¼ c WG Oatmeal ¼ c Pineapple Tidbits ½ c Milk 23	½ WG Bagel & Cream Cheese ¼ c Applesauce ½ c Milk 24	Cereal and milk 25	1 Cheese Omelet 1 oz WG English Muffin ¼ c Pears ½ c Milk 26
LUNCH	¼ c Arroz con Pollo w 1/8c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c WG Rice 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 1 ½ Dr. Praeger's Chix Strips (1 oz M/MA) w 1/8 c Vegetables (Bell Pepper, Onion Tomatoes)</i>	1 oz Meatloaf & Gravy 1 oz WG Roll 1/8 c Steamed Broccoli 1/8 c Roasted Potatoes ½ c Milk <i>Veg: ½ c Hummus, ½ WG Pita (No Roll)</i>	<u>Asian</u> 2 oz Honey Glazed Chicken (1.5 oz M/MA) ¼ c Asian WG Brown Rice 1/8c Stir Fried Bok Choy & Carrots 1/8 c Cantaloupe ½ c Milk <i>Veg: 1 ½ Dr. Praeger's Honey Glazed Chix Nuggets (1 M/MA)</i>	¼ c Beef & WG Macaroni Pasta Bake #8 2 oz Beef, ¼ c WG Noodles(½ oz) 1/8 c Diced Cucumber w Ranch 1/8 c Honeydew ½ c Milk <i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i>	¼ c Bean Burrito Bowl ¼ c Cilantro WG Rice ¼ c Pico de Gallo 1 TBSP Cheese 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>