

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	1 Cereal and milk	2 1 <b>WG</b> Pancake w Syrup ½ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk	3 ½ <b>WG</b> English Muffin w PC Jelly ½ c <b>Melon Salad</b> ¾ c Milk	4 Cereal and milk	5 ¼ c Scrambled Eggs 1 <b>WG</b> Biscuit ½ c <b>Mandarin Oranges</b> ¾ c Milk
LUNCH	½ c <b>Chili</b> 1 ½ oz M/M 1 Mini Corn Muffin (0.9 oz) ¼ c <b>Spinach</b> or ½ c <b>Spinach Salad</b> w/ Ranch ¼ <b>Pears</b> ¾ c Milk  <i>Veg: ¾ c Vegetarian Chili</i>	<u>Morocco</u> 2 oz Moroccan Chicken ¼ c Vegetable ¼ c Curried Couscous ¼ c <b>Cantaloupe</b> ¾ c Milk  <i>Veg: 3/8 c Moroccan Chickpeas</i>	<u>Swedish Lunch</u> 3 Swedish Meatballs (2 oz M/M) in Gravy ½ c <b>WG</b> Rice & <b>Beets</b> ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: ½ c Vegetarian Baked Beans</i>	¼ c Chicken Alfredo w ¼ c A <b>WG</b> Twist ½ c <b>Shredded Kale</b> Salad w Italian ¼ c <b>Apple</b> Slices ¾ c Milk  <i>Veg: 3 Dr Praeger's Chix Nuggets 1.5oz m/ma w Alfredo Sauce and ¼ c Rotini</i>	1 Cheese Manicotti w Tomato Basil Sauce • 1 ½ oz Cheese, 2 oz <b>WG</b> Grain (2.75 oz) ¼ c <b>Broccoli</b> w/ Veggie Dip ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>
BREAKFAST	8 Cereal and milk	9 ¼ c <b>WG</b> Oatmeal ½ c <b>Honeydew</b> ¾ c Milk	10 ½ <b>WG</b> Bagel & Cream Cheese ½ c Sliced <b>Apple</b> ¾ c Milk	11 Cereal and milk	12 1 Cheese Omelet 1 oz <b>WG</b> English Muffin ½ c <b>Pears</b> ¾ c Milk
LUNCH	<u>Japan</u> 2 oz Teriyaki Chicken ¼ c <b>WG</b> Rice ¼ c Asian Succotash (Baby Corn, Lima Beans, Tomato) ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: 3 Dr Praeger's Chix Nuggets w Teriyaki Sauce</i>	½ c Beef Picadillo #8 <i>1 ½ oz Meat</i> ¼ c <b>WG</b> Rice (½ oz Grain) ½ c <b>Spinach Salad</b> w Creamy Italian ¼ c <b>Pears</b> ¾ c Milk  <i>Veg: Bean Piccadillo</i>	<u>Breakfast for Lunch</u> 3 Turkey Sausage Bites 2 <b>WG</b> Pancake (2.28 oz) w Lite Syrup ¼ c <b>Creamed Spinach &amp; Greens</b> ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk  <i>Veg: ½ c Yogurt &amp; 1 oz String Cheese</i>	2 oz Beef Patty 1 <b>WG</b> Bun ¼ c Glazed <b>Carrots</b> ¼ c <b>Cantaloupe</b> ¾ c Milk  <i>Veg 3/8 c Barbecue Kidney Beans w ½ WG w Pita</i>	5/8 c Seasoned <b>Red Beans &amp; WG</b> Rice • 3/8 c Beans; ¼ c Rice ¼ c <b>Broccoli</b> w Italian Dressing ½ <b>Apple</b> ¾ c Milk  <i>Veg: Same</i>
BREAKFAST	15  1 <b>WG</b> Pancake w Syrup ½ c <b>Honeydew</b> ¾ c Milk	16 <u>Apple Jack Pancake</u> 1 <b>WG</b> Pancake w Syrup ½ c <b>Honeydew</b> ¾ c Milk	17 ½ <b>WG</b> English Muffin w PC Jelly ½ c <b>Melon Salad</b> ¾ c Milk	18 Cereal and milk	19 ¼ c Scrambled Eggs 1 <b>WG</b> Biscuit (1 oz) ½ c <b>Mandarin Oranges</b> ¾ c Milk
LUNCH	<b>Holiday Presidents' Day</b> ¼ c Turkey Sloppy Joe 1 oz <b>WG</b> Bun ¼ c <b>Creamed Spinach &amp; Greens</b> ½ <b>Apple</b> ¾ c Milk  <i>½ c Bean Sloppy Protein Joe (1.5 oz m/ma)</i>	¼ c Turkey Sloppy Joe 1 oz <b>WG</b> Bun ¼ c <b>Creamed Spinach &amp; Greens</b> ½ <b>Apple</b> ¾ c Milk  <i>½ c Bean Sloppy Protein Joe (1.5 oz m/ma)</i>	<u>China</u> ¼ c Stir Fried Beef ¼ c <b>WG</b> Rice ¼ c <b>Broccoli</b> & Ranch Dip ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk  <i>Veg: ½ c Stir Fried Tofu</i>	1 Oven Fried Chicken Leg (2 oz M/M) ¼ c <b>Coin Carrots</b> 1 Mini Corn Muffin (0.9 oz) ¼ c <b>Peaches</b> ¾ c Milk  <i>Veg: 3 Dr Praeger's Chix Nuggets 2 oz m/ma alt. ½ Cheese Sandwich, 4 oz Yogurt 1 ½ oz m/ma</i>	½ c <b>WG</b> Macaroni & Cheese • ¼ oz Cheese; ¼ c <b>WG</b> Noodles ½ oz 3/8 c Vegetarian <b>Baked Beans</b> ½ c <b>Spinach</b> Salad w Italian ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal and milk 22	¼ c <b>WG</b> Oatmeal ½ c <b>Pineapple</b> Tidbits ¾ c Milk 23	½ <b>WG</b> Bagel & Cream Cheese ½ c Sliced <b>Apple</b> ¾ c Milk 24	Cereal and milk 25	1 Cheese Omelet 1 oz <b>WG</b> English Muffin ½ c <b>Pears</b> ¾ c Milk 26
LUNCH	½ c Arroz con Pollo ¼ c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c <b>WG</b> Rice ¼ c <b>Mandarin Oranges</b> ¾ c Milk  <i>Veg: 3 Dr Praeger's Chix Strips con Pollo w Rice</i>	2 oz Meatloaf & Gravy 1 oz <b>WG</b> Roll ¼ c <b>Broccoli</b> & Ranch Dip ¼ c Roasted Potatoes ¾ 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 <b>WG</b> Brown Rice ¼ c Stir Fried <b>Bok Choy</b> & <b>Carrots</b> ¼ c <b>Cantaloupe</b> ¾ c Milk  <i>Veg: 3 Honey Glazed Dr Praeger's Chix Nuggets (1.5 M/MA)</i>	½ c Beef & <b>WG</b> Macaroni Pasta Bake #8 2 oz Beef, ¼ c <b>WG</b> Noodles(½ oz) ½ c <b>Field Green Salad</b> w Ranch ¼ c <b>Honeydew</b> ¾ c Milk  <i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i>	½ c <b>Bean</b> Burrito Bowl ¼ c Cilantro <b>WG</b> Rice ¼ c Pico de Gallo 1 TBSP Cheese ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>