



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	1 Cereal Fruit Milk	2 1 WG French Toast (1.5 oz) ¼ c Apple Slices ½ c Milk	3 ½ Stuffed Mini Bagel (1 oz grain) ¼ c Pineapple ½ c Milk	4 Cereal Fruit Milk	5 1 Egg Biscuit <i>(1 oz WG Biscuit/1oz Egg Patty)</i> ¼ c Pears ½ c Milk
L U N C H	<u>Make Your Own Wrap</u> ½ oz Turkey (1 Slices) 2 Tbsp Hummus ½ oz Slider Cheddar Cheese 1 WG Flour Tortilla (1 oz) ¼ c Spinach Salad w Italian 1/8 c Pears ½ c Milk <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i>	½ Chicken Patty • 1 oz Chicken 1 WG Bun (1.8 oz) 1/8 c Three Bean Salad 1/8 c Tropical Fruit Salad ½ c Milk <i>Veg: Black Bean Patty*</i>	1 oz Meatloaf 1 WG Corn Muffin (1 oz) 1/8 c Cheesy Mashed Potatoes 1/8 c Honeydew Diced ½ c Milk <i>Veg: Black Bean Patty*</i>	<u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice (½ oz grain) 1/8 c Broccoli w Ranch 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Honey Glazed Chickenless Nuggets*</i>	<u>Make Your Own Pizza</u> ½ WW English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese 1/8 c Marinara Sauce (Hot) 1/8 c Spinach Salad w Italian 1/8 c Fresh Fruit Salad <i>(Honeydew, Cantaloupe, Pineapple)</i> ½ c Milk <i>Veg: Same</i>
B R E A K F A S T	8 Cereal Fruit Milk	9 1 WG Pancake/ Applesauce 1oz Topping ¼ c Pineapple ½ c Milk	10 1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ¼ c Honeydew ½ c Milk	11 Cereal Fruit Milk	12 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¾ c Milk
L U N C H	1 Chicken Tenders 1 WG Wheat Roll (1 oz) 1/8 c Glazed Carrots 1/8 c Apple Slices ½ c Milk <i>Veg: 2 Chickenless Nuggets*</i>	2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ¼ c Spinach Salad w Ranch 1/8 c Cantaloupe ½ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	<u>Make Your Own Joe</u> ¼ c Bean Sloppy Joe (1 oz meat alternate) #16 1 WG Bun (1.8 oz) 1/8 c Cole Slaw 1/8 c Mandarin Orange ½ c Milk <i>Veg: Same</i>	1/3 c Beef Picadillo #12 1 oz meat ¼ c WG Rice (½ oz Grain) 1/8 c Broccoli w Creamy Italian Dip 1/8 c Pears ½ c Milk <i>Veg: 1 Lasagna Roll - Up</i>	1 Cheese Manicotti (2.75oz) w Tomato Basil • 1 ½ oz cheese 2 oz WG grain ¼ c Romaine Salad w Ranch 1/8 c Fresh Fruit Salad <i>(Honeydew, Cantaloupe, Pineapple)</i> ½ c Milk <i>Veg: Same</i>
B R E A K F A S T	15 Cereal Fruit Milk	16 ¼ c WG Oatmeal (0.7 oz) ¼ c Peaches ½ c Milk	17 ½ WG Bagel w Cream Cheese ¼ c Pears ½ c Milk	18 Cereal Fruit Milk	19 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ¼ c Melon Salad ½ c Milk
L U N C H	2 Meatballs (1oz) with Marinara Sauce ¼ WG Penne (1/2oz) PC Parmesan Cheese 1/8 c Steamed Carrots w Veggie Dip 1/8 c Applesauce ½ c Milk <i>Veg: 2 Veggie Meatballs</i>	<u>Mediterranean</u> 1/8 c Seasoned Chicken Strips (1 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus 1/8 c Petite Broccoli w Italian 1/8 c Tropical Fruit Salad ½ c Milk <i>Veg: ¼ c Chickpeas</i>	¼ c Beef & Bean Chili <i>1 oz meat/meat alternate</i> 1 oz Combread ¼ c Romaine with Ranch 1/8 c Mandarin Oranges ½ c Milk <i>Veg: Vegetarian Chili</i>	3 oz WG Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice (½ oz Grain) ¼ c Spinach Salad w Italian 1/8 c Honeydew ½ c Milk <i>Veg: 4 oz Yogurt</i>	<u>Make Your Own Burrito</u> ¼ c Black Beans & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ¼ c Shredded Lettuce 1/8 c Pineapple ½ c Milk <i>Veg: Same</i>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	22 Cereal Fruit Milk	23 2 French Toast Bites (1.02 oz) ¼ c Cantaloupe ½ c Milk	24 2 oz Yogurt 1 Blueberry Mini Muffin 1 oz ¼ c Tropical Fruit Salad ½ c Milk	25 Cereal Fruit Milk	26 1 Cheese Omelet 1 WG Biscuit 1 oz ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk
L U N C H	<u>Italian</u> 1 Chicken Tenders 1 oz PC Marinara Sauce 1 WG Breadstick (1.2 oz) 1/8 c Steamed Baby Carrots 1/8 c Applesauce ½ c Milk <i>Veg: 1 Chix Tenders</i>	½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c WG noodles(½ oz) 1/8 c Broccoli w Ranch 1/8 c Pineapple ½ c Milk <i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	1 Chicken Tender 1 oz WG Corn Muffin 1/8 c Cole Slaw 1/8 c Honeydew ½ c Milk <i>Veg: 2 Chickenless Nuggets*w Ketchup</i>	<u>Make Your Own Taco</u> ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1 oz WG Tortilla ¼ c Shredded Lettuce PC Salsa ¼ Banana ½ c Milk <i>Veg: ¼ c Black Beans</i>	½ c Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans ¼ c Spinach Salad w Italian 1/8 c Peaches ½ c Milk <i>Veg: Same</i>
B R E A K F A S T	29 Cereal Fruit Milk	30 1 WG French Toast (1.5 oz) ¼ c Apple Slices ½ c Milk			
L U N C H	<u>Make Your Own Wrap</u> ½ oz Turkey (1 Slices) 2 Tbsp Hummus ½ oz Slider Cheddar Cheese 1 WG Flour Tortilla (1 oz) ¼ c Spinach Salad w Italian 1/8 c Pears ½ c Milk <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i>	½ Chicken Patty • 1 oz Chicken 1 WG Bun (1.8 oz) 1/8 c Three Bean Salad 1/8 c Tropical Fruit Salad ½ c Milk <i>Veg: Black Bean Patty*</i>			