



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T			1 1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ¼ c Honeydew ½ c Milk	2 Cereal and Milk	4 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¾ c Milk
	L U N C H			<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>
B R E A K F A S T		7 Cereal and Milk	8 ¼ c WG Oatmeal (0.7 oz) ¼ c Peaches ½ c Milk	9 ½ WG Bagel w Cream Cheese ¼ c Pears ½ c Milk	10 Cereal and Milk
	L U N C H	2 Meatballs (1 oz) with Marinara Sauce ¼ c WG Penne (½ oz) PC Parmesan Cheese 1/8 c Steamed Baby 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 1 oz meat/meat alternate 1 oz Cornbread ¼ c Tossed Salad 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>
B R E A K F A S T	14 Cereal and Milk	15 2 French Toast Bites (1.02 oz) ¼ c Cantaloupe ½ c Milk	16 2 oz Yogurt 1 Blueberry Mini Muffin 1 oz ¼ c Tropical Fruit Salad ½ c Milk	1 Cereal and Milk	18 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	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	1 Chicken Tender 1 oz WG Corn Muffin 1/8 c Cole Slaw 1/8 c Honeydew EHS Diced ½ c Milk	<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: 1 Chix Tenders</i>	<i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	<i>Veg: 2 Chickenless Nuggets* w Ketchup</i>	<i>Veg: ¼ c Black Beans</i>	<i>Veg: Same</i>
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	21	22	23	2	25
L U N C H	MARTIN LUTHER KING DAY NO SCHOOL				
		• 1 oz Chicken			
B R E A K F A S T	28	29	30	3	
L U N C H					