



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 ½ Stuffed Mini Bagel (1 oz grain) ¼ c Pineapple ½ c Milk	2 Cereal Fruit Milk	3 1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ¼ c Pears ½ c Milk
LUNCH			1 oz Meatloaf 1 WG Corn Muffin (1 oz) 1/8 c Cheesy Mashed Potatoes 1/8 c Honeydew Diced ½ c Milk Veg: Black Bean Patty*	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 Veg: 2 Honey Glazed Chickenless Nuggets*	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 (Honeydew, Cantaloupe, Pineapple) ½ c Milk Veg: Same
BREAKFAST	6 Cereal Fruit Milk	7 1 WG Pancake/ Applesauce 1oz Topping ¼ c Pineapple ½ c Milk	8 1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ¼ c Honeydew ½ c Milk	9 Cereal Fruit Milk	10 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¼ c Milk
LUNCH	1 Chicken Tenders 1 WG Wheat Roll (1 oz) 1/8 c Glazed Carrots 1/8 c Apple Slices ½ c Milk Veg: 2 Chickenless Nuggets*	2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ¼ c Spinach Salad w Ranch 1/8 c Cantaloupe ½ c Milk Veg: Vegetarian Black Bean Burger*	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 Veg: Same	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 Veg: 1 Lasagna Roll - Up	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 (Honeydew, Cantaloupe, Pineapple) ½ c Milk Veg: Same
BREAKFAST	13 Cereal Fruit Milk	14 ¼ c WG Oatmeal (0.7 oz) ¼ c Peaches ½ c Milk	15 ½ WG Bagel w Cream Cheese ¼ c Pears ½ c Milk	16 Cereal Fruit Milk	17 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ¼ c Melon Salad ½ c Milk
LUNCH	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 Veg: 2 Veggie Meatballs	Mediterranean 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 Veg: ¼ c Chickpeas	¼ c Beef & Bean Chili 1 oz meat/meat alternate 1 oz Cornbread ¼ c Romaine with Ranch 1/8 c Mandarin Oranges ½ c Milk Veg: Vegetarian Chili	3 oz WG Fish Fillet (1.5 oz MMA) ¼ c Bolivian Rice (½ oz Grain) ¼ c Spinach Salad w Italian 1/8 c Strawberries ½ c Milk Veg: 4 oz Yogurt	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 Veg: Same

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	20 Cereal Fruit Milk	21 2 French Toast Bites (1.02 oz) ¼ c Cantaloupe ½ c Milk	22 2 oz Yogurt 1 Blueberry Mini Muffin 1 oz ¼ c Tropical Fruit Salad ½ c Milk	23 Cereal Fruit Milk	24 1 Cheese Omelet 1 WG Biscuit 1 oz ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk
	LUNCH 1 Italian 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>	Make Your Own Taco 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>
BREAKFAST	27  STUDENT-HOLIDAY CLOSED	28 1 WG French Toast (1.5 oz) ¼ c Apple Slices ½ c Milk	29 ½ Stuffed Mini Bagel (1 oz grain) ¼ c Pineapple ½ c Milk	30 Cereal Fruit Milk	31 1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ¼ c Pears ½ c Milk
	LUNCH  STUDENT-HOLIDAY CLOSED	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 Strawberries ½ c Milk <i>Veg: Black Bean Patty*</i>	Asian 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>	Make Your Own Pizza 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 (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i>