




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>					1 
<b>LUNCH</b>					
<b>BREAKFAST</b>	4 Cereal and milk	5 1 <b>WG</b> Pancake w Syrup ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ½ c Milk	6 ½ <b>WG</b> English Muffin w PC Jelly ¼ c <b>Melon Salad</b> ½ c Milk	7 Cereal and milk	8 ¼ c Scrambled Eggs 1 <b>WG</b> Biscuit ¼ c <b>Mandarin Oranges</b> ½ c Milk
<b>LUNCH</b>	3/8 c <b>Chili</b> 1 ½ oz M/M/A 1 Mini Corn Muffin (0.9 oz) 1/8 c Steamed <b>Spinach</b> 1/8 c <b>Pears</b> ½ c Milk  <i>Veg: ¾ c Vegetarian Chili</i>	<u>Morocco</u> 1 oz Moroccan Chicken 3/8 c Vegetable 3/8 c Curried Couscous 1/8 c <b>Cantaloupe</b> ½ c Milk  <i>Veg: 3/8 c Moroccan Chickpeas (1.5 oz M/M/A)</i>	<u>Swedish Lunch</u> 2 Swedish Meatballs (2 oz M/M/A) in Gravy ¼ c <b>WG</b> Rice & <b>Beets</b> 1/8 c <b>Pineapple</b> ½ c Milk  <i>Veg: ½ c Vegetarian Baked Beans (1.5 oz M/M/A)</i>	½ c Chicken Alfredo w/ A <b>WG</b> • 1.13 oz M/M/A 0.6 oz Grain ¼ c <b>Shredded Lettuce</b> with Italian 1/8 c <b>Applesauce</b> ½ c Milk  <i>Veg: 1 ½ Dr Praeger's Chix Nuggets (1 oz M/M/A) w/ Alfredo Sauce and ¼ c WG Rotini</i>	1 Cheese Manicotti w Tomato Basil Sauce • 1 ½ oz Cheese, 2 oz <b>WG</b> Grain (2.75 oz) ¼ c Steamed <b>Broccoli</b> 1/8 c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ½ c Milk  <i>Veg: Same</i>
<b>BREAKFAST</b>	11 Cereal and milk	12 ¼ c <b>WG</b> Oatmeal ¼ c <b>Honeydew</b> ½ c Milk	13 ½ <b>WG</b> Bagel & Cream Cheese ¼ c Applesauce ½ c Milk	14 Cereal and milk	15 1 Cheese Omelet 1 oz <b>WG</b> English Muffin w PC Jelly ¼ c <b>Pears</b> ½ c Milk
<b>LUNCH</b>	<u>Japan</u> 1 oz Teriyaki Chicken ¼ c <b>WG</b> Rice (½ oz Grain) 1/8 c Asian Succotash (Baby Corn, Lima Beans, Tomato) 1/8 c <b>Pineapple</b> ½ c Milk  <i>Veg: 1 ½ Dr Praegers Chix Nuggets w Teriyaki Sauce</i>	3/8 c Beef Picadillo #8 ¼ c <b>WG</b> Rice (½ oz Grain) 1 ½ oz Meat 1/8 c Steamed <b>Spinach</b> 1/8 c <b>Pears</b> ½ c Milk  <i>Veg: Bean Piccadillo (1.5 oz M/M/A)</i>	<u>Breakfast for Lunch</u> 2 Turkey Sausage Bites (1.5 oz M/M/A) 1 <b>WG</b> Pancake (2.28 oz) w Lite Syrup ¼ c <b>Creamed Spinach &amp; Greens</b> 1/8 c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ½ c Milk  <i>Veg: ½ c Yogurt (1 oz M/M/A) &amp; 1 oz String Cheese</i>	1 oz Beef Patty (1.5 oz M/M/A) 1 <b>WG</b> Bun (1.8 oz) 1/8 c Glazed <b>Carrots</b> 1/8 c <b>Cantaloupe</b> ½ c Milk  <i>Veg 3/8 c Barbecue Kidney Beans (2 oz M/M/A) w/ ½ WG w Pita (1 oz G)</i>	½ c Seasoned <b>Red Beans</b> & <b>WG</b> Rice • 1/4 c Beans; ¼ c Rice ¼ c Steamed <b>Broccoli</b> 1/8 c <b>Applesauce</b> ½ c Milk  <i>Veg: Same</i>



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY							
BREAKFAST	18	19	20	21	22	LUNCH	18	19	20						
	<p><b>MARTIN LUTHER KING DAY</b></p> <p><b>NO SCHOOL</b></p>		<p><b>Apple Jack Pancake</b></p> <p>1 <b>WG</b> Pancake w Syrup ¼ c <b>Honeydew</b> ½ c Milk</p>	<p>½ <b>WG</b> English Muffin w PC Jelly ¼ c <b>Melon Salad</b> ½ c Milk</p>	<p>Cereal and milk</p>		<p>¼ c Scrambled Eggs 1 <b>WG</b> Biscuit ¼ c <b>Mandarin Oranges</b> ½ c Milk</p>								
LUNCH	25	26	27	28	29	<p>¼ c Turkey Sloppy Joe 1 oz <b>WG</b> Bun 1/8 c <b>Creamed Spinach &amp; Greens</b> 1/8 c <b>Applesauce</b> ½ c Milk</p> <p><i>Veg: ½ c Bean Sloppy Joe (1.5 oz MMA)</i></p>		<p><b>China</b></p> <p>1/8 c Stir Fried Beef ¼ c <b>WG</b> Rice 1/8 c Steamed <b>Broccoli</b> 1/8 c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ½ c Milk</p> <p><i>Veg: ¼ c Stir Fried Tofu (1oz MMA)</i></p>		<p>1 Chicken Tenders 1/8 c <b>Coin Carrots</b> 1 Mini Corn Muffin (0.9 oz) 1/8 c <b>Peaches</b> ½ c Milk</p> <p><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></p>		<p>½ c <b>WG</b> Macaroni &amp; Cheese • ¼ oz Cheese; ¼ c <b>WG</b> Noodles ½ oz ¼ c Vegetarian <b>Baked Beans</b> 1/8 c Steamed <b>Spinach</b> 1/8 c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ½ c Milk</p> <p><i>Veg: Same</i></p>			
	<p>Cereal and milk</p>		<p>¼ c <b>WG</b> Oatmeal ¼ c <b>Pineapple</b> Tidbits ½ c Milk</p>		<p>½ <b>WG</b> Bagel &amp; Cream Cheese ¼ c <b>Applesauce</b> ½ c Milk</p>		<p>Cereal and milk</p>		<p>1 Cheese Omelet 1 oz <b>WG</b> English Muffin ¼ c <b>Pears</b> ½ c Milk</p>						
LUNCH	25	26	27	28	29	<p>¼ c Arroz con Pollo w 1/8c Vegetables (Bell Pepper, Onion Tomatoes) ¼ c <b>WG</b> Rice 1/8 c <b>Mandarin Oranges</b> ½ c Milk</p> <p><i>Veg: 1 ½ Dr.Praeger's Chix Strips (1 oz MMA) w 1/8 c Vegetables (Bell Pepper, Onion Tomatoes)</i></p>		<p>1 oz Meatloaf &amp; Gravy 1 oz <b>WG</b> Roll 1/8 c Steamed <b>Broccoli</b> 1/8 c Roasted Potatoes ½ c Milk</p> <p><i>Veg: ½ c Hummus, ½ WG Pita (No Roll)</i></p>		<p><b>Asian</b></p> <p>2 oz Honey Glazed Chicken (1.5 oz MMA) ¼ c Asian <b>WG</b> Brown Rice 1/8c Stir Fried <b>Bok Choy &amp; Carrots</b> 1/8 c <b>Cantaloupe</b> ½ c Milk</p> <p><i>Veg: 1 ½ Dr. Praeger's Honey Glazed Chix Nuggets (1 MMA)</i></p>		<p>¼ c Beef &amp; <b>WG</b> Macaroni Pasta Bake #8 2 oz Beef, ¼ c <b>WG</b> Noodles(½ oz) 1/8 c Diced <b>Cucumber</b> w Ranch 1/8 c <b>Honeydew</b> ½ c Milk</p> <p><i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i></p>		<p>¼ c <b>Bean</b> Burrito Bowl ¼ c Cilantro <b>WG</b> Rice ¼ c Pico de Gallo 1 TBSP Cheese 1/8 c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ½ c Milk</p> <p><i>Veg: Same</i></p>	