



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



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	18	<p>Apple Jack Pancake 19</p> <p>1 WG Pancake w Syrup ½ c Honeydew ¾ c Milk</p>	<p>20</p> <p>½ WG English Muffin w PC Jelly ½ c Melon Salad ¾ c Milk</p>	<p>21</p> <p>Cereal and milk</p>	<p>22</p> <p>¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Mandarin Oranges ¾ c Milk</p>				
	<p>MARTIN LUTHER KING DAY</p> <p>NO SCHOOL</p>								
LUNCH	18	<p>¼ c Turkey Sloppy Joe 1 oz WG Bun ¼ c Creamed Spinach & Greens ½ Apple ¾ c Milk</p> <p>½ c <i>Bean Sloppy Protein Joe (1.5 oz m/ma)</i></p>	<p>China</p> <p>¼ c Stir Fried Beef ¼ c WG Rice ¼ c Broccoli & Ranch Dip ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk</p> <p><i>Veg: ½ c Stir Fried Tofu</i></p>	<p>1 Oven Fried Chicken Leg (2 oz M/MA) ¼ c Coin Carrots 1 Mini Corn Muffin (0.9 oz) ¼ c Peaches ¾ c Milk</p> <p><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></p>	<p>½ c WG Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz 3/8 c Vegetarian Baked Beans ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>				
	25	26	27	28	29				
BREAKFAST	<p>Cereal and milk</p>	<p>¼ c WG Oatmeal ½ c Pineapple Tidbits ¾ c Milk</p>	<p>½ WG Bagel & Cream Cheese ½ c Sliced Apple ¾ c Milk</p>	<p>Cereal and milk</p>	<p>1 Cheese Omelet 1 oz WG English Muffin ½ c Pears ¾ c Milk</p>				
LUNCH	<p>½ c Arroz con Pollo ¼ c <i>Vegetables (Bell Pepper, Onion Tomatoes)</i> ¼ c WG Rice ¼ c Mandarin Oranges ¾ c Milk</p> <p><i>Veg: 3 Dr Praeger's Chix Strips con Pollo w Rice</i></p>	<p>2 oz Meatloaf & Gravy 1 oz WG Roll ¼ c Broccoli & Ranch Dip ¼ c Roasted Potatoes ¾ c Milk</p> <p><i>Veg: ½ c Hummus, ½ WG Pita (No Roll)</i></p>	<p>Asian</p> <p>2 oz Honey Glazed Chicken (1.5 oz M/MA) ¼ c Asian WG Brown Rice ¼ c Stir Fried Bok Choy & Carrots ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg: 3 Honey Glazed Dr Praeger's Chix Nuggets (1.5 M/MA)</i></p>	<p>½ c Beef & WG Macaroni Pasta Bake #8 2 oz Beef, ¼ c WG Noodles(½ oz) ½ c Field Green Salad w Ranch ¼ c Honeydew ¾ c Milk</p> <p><i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i></p>	<p>½ c Bean Burrito Bowl ¼ c Cilantro WG Rice ¼ c Pico de Gallo 1 TBSP Cheese ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk</p> <p><i>Veg: Same</i></p>				