




	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH				<p>1 Cereal Milk</p> <p>1 Chicken Tender 1/8 c <b>Coin Carrots</b> 1 Mini Corn Muffin (0.9 oz) 1/8 c <b>Peaches</b> 1/2 c Milk</p> <p><i>Veg: 1 Chix Strips (2 oz MMA) Alt: 1/2 Cheese Sandwich, 4 oz Yogurt (1 1/2 oz MMA)</i></p>	<p>2 1/4 c Scrambled Eggs 1 <b>WG</b> Biscuit 1/4 c <b>Mandarin Oranges</b> 1/2 c Milk</p> <p>1/2 c <b>WG</b> Macaroni &amp; Cheese • 1/4 oz Cheese; 1/4 c <b>WG</b> Noodles 1/2 oz 1/4 c Vegetarian <b>Baked Beans</b> 1/8 c Steamed <b>Spinach</b> 1/8 c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) 1/2 c Milk</p> <p><i>Veg: Same</i></p>
				<p>8 Cereal Milk</p> <p>1/4 c Beef &amp; <b>WG</b> Macaroni Pasta Bake #8 2 oz Beef, 1/4 c <b>WG</b> Noodles(1/2 oz) 1/8 c Diced <b>Cucumber</b> w Ranch 1/8 c <b>Honeydew</b> 1/2 c Milk</p> <p><i>Veg: 1/2 c Macaroni and Cheese w 1 1/2 oz Mozzarella Cheese Stick</i></p>	<p>9 1 Cheese Omelet 1 oz <b>WG</b> English Muffin 1/4 c <b>Pears</b> 1/2 c Milk</p> <p>1/4 c <b>Bean</b> Burrito Bowl 1/4 c Cilantro <b>WG</b> Rice 1/4 c Pico de Gallo 1 TBSP Cheese 1/8 c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) 1/2 c Milk</p> <p><i>Veg: Same</i></p>
LUNCH	<p>5 Cereal Milk</p> <p>1/4 c Diced Chicken w 1/8c Vegetables (Bell Pepper, Onion Tomatoes) 1/4 c <b>WG</b> Rice 1/8 c <b>Cantaloupe</b> 1/2 c Milk</p> <p><i>Veg: 1 Chix Strips w Rice (1 1/2 oz MMA) w 1/4 c Vegetables (Bell Pepper, Onion Tomatoes)</i></p>	<p>6 1/4 c <b>WG</b> Oatmeal 1/4 c <b>Pineapple</b> Tidbits 1/2 c Milk</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 1/2 c Milk</p> <p><i>Veg: 1/2 (2.5 oz) Veggie Patty &amp; Veggie Gravy</i></p>	<p>7 1/2 <b>WG</b> Bagel &amp; Cream Cheese 1/4 c <b>Applesauce</b> 1/2 c Milk</p> <p><b>Asian</b> 2 oz Honey Glazed Chicken (1.5 oz MMA) 1/4 c Asian <b>WG</b> Brown Rice 1/8c Stir Fried <b>Bok Choy &amp; Carrots</b> 1/8 c <b>Mandarin Oranges</b> 1/2 c Milk</p> <p><i>Veg: 2 Honey Glazed Chix Nuggets (1.5 MMA)</i></p>	<p>8 Cereal Milk</p> <p>1/4 c Beef &amp; <b>WG</b> Macaroni Pasta Bake #8 2 oz Beef, 1/4 c <b>WG</b> Noodles(1/2 oz) 1/8 c Diced <b>Cucumber</b> w Ranch 1/8 c <b>Honeydew</b> 1/2 c Milk</p> <p><i>Veg: 1/2 c Macaroni and Cheese w 1 1/2 oz Mozzarella Cheese Stick</i></p>	<p>9 1 Cheese Omelet 1 oz <b>WG</b> English Muffin 1/4 c <b>Pears</b> 1/2 c Milk</p> <p>1/4 c <b>Bean</b> Burrito Bowl 1/4 c Cilantro <b>WG</b> Rice 1/4 c Pico de Gallo 1 TBSP Cheese 1/8 c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) 1/2 c Milk</p> <p><i>Veg: Same</i></p>
	<p>12  1 <b>WG</b> Pancake w Syrup 1/4 c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) 1/2 c Milk</p> <p>1 oz Moroccan Chicken 3/8 c Curried Vegetable Couscous 1/8 c <b>Cantaloupe</b> 1/2 c Milk</p> <p><i>Veg: 3/8 c Moroccan Chickpeas (1.5 oz MMA)</i></p>	<p>13 1 <b>WG</b> Pancake w Syrup 1/4 c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) 1/2 c Milk</p> <p><b>Morocco</b> 1 oz Moroccan Chicken 3/8 c Curried Vegetable Couscous 1/8 c <b>Cantaloupe</b> 1/2 c Milk</p> <p><i>Veg: 3/8 c Moroccan Chickpeas (1.5 oz MMA)</i></p>	<p>14 1/2 <b>WG</b> English Muffin w PC Jelly 1/4 c <b>Melon Salad</b> 1/2 c Milk</p> <p><b>Swedish Lunch</b> 2 Swedish Meatballs (2 oz MMA) in Gravy 1/4 c <b>WG</b> Rice &amp; <b>Beets</b> 1/8 c <b>Pineapple</b> 1/2 c Milk</p> <p><i>Veg: 2 Veggie Meatballs (1.5 oz MMA)</i></p>	<p>15 Cereal Milk</p> <p>1/2 c Chicken Alfredo w/ A <b>WG</b> • 1.13 oz MMA 0.6 oz Grain 1/4 c <b>Shredded Lettuce</b> with Italian 1/8 c <b>Applesauce</b> 1/2 c Milk</p> <p><i>Veg 2 Chix Nuggets (1.5 oz MMA) w/ Alfredo Sauce and 1/4 c WG Rotini</i></p>	<p>16 1/4 c Scrambled Eggs 1 <b>WG</b> Biscuit 1/4 c <b>Mandarin Oranges</b> 1/2 c Milk</p> <p>1 Cheese Manicotti w Tomato Basil Sauce • 1 1/2 oz Cheese, 2 oz <b>WG</b> Grain (2.75 oz) 1/4 c Steamed <b>Broccoli</b> 1/8 c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) 1/2 c Milk</p> <p><i>Veg: Same</i></p>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	19	20	21	22	23
	Cereal Milk	¼ c <b>WG</b> Oatmeal ¼ c <b>Honeydew</b> ½ c Milk	½ <b>WG</b> Bagel & Cream Cheese ¼ c Applesauce ½ c Milk	Cereal Milk	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: 2 Chix Nuggets w Teriyaki Sauce</i>	3/8 c Beef Picadillo #8 <i>1 ½ oz Meat</i> ¼ c <b>WG</b> Rice (½ oz Grain) 1/8 c Steamed <b>Spinach</b> 1/8 c <b>Pears</b> ½ c Milk  <i>Veg: Bean Picadillo (1.5 oz MMA)</i>	<u>Breakfast for Lunch</u> 2 Turkey Sausage Bites (1.5 oz MMA) 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 MMA) &amp; 1 oz String Cheese</i>	1 oz Beef Patty (1.5 oz MMA) 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 MMA) w/ ½ WG w Pita (1 oz G)</i>	½ c Seasoned <b>Red Beans &amp; WG</b> Rice • ¼ c <b>Beans</b> ; ¼ c <b>Rice</b> ¼ c Steamed <b>Broccoli</b> 1/8 c <b>Applesauce</b> ½ c Milk  <i>Veg: Same</i>
	26	27	28	29	30
	Cereal Milk	1 <b>WG</b> Pancake w Syrup ¼ c <b>Honeydew</b> ½ c Milk	½ <b>WG</b> English Muffin w PC Jelly ¼ c <b>Melon Salad</b> ½ c Milk	Cereal Milk	¼ c Scrambled Eggs 1 <b>WG</b> Biscuit ¼ c <b>Mandarin Oranges</b> ½ c Milk
<b>LUNCH</b>	¼ c <b>WG</b> Spaghetti & ¼ c Meat Sauce (2 oz MMA) 1/8 c <b>Green Beans</b> 1/8 c <b>Mandarin Oranges</b> ½ c Milk  <i>Veg: ¼ Spaghetti &amp; ½ Soy Protein Sauce (1.5 oz MMA)</i>	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  <i>Veg: ½ c Soy Protein Joe (1.5 oz MMA)</i>	<u>China</u> 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  <i>Veg: ½ c Soy Protein (2 oz MMA) &amp; Broccoli</i>	1 Chicken Tender 1/8 c <b>Coin Carrots</b> 1 Mini Corn Muffin (0.9 oz) 1/8 c <b>Peaches</b> ½ c Milk  <i>Veg: 1 Chix Strips (2 oz MMA) Alt: ½ Cheese Sandwich, 4 oz Yogurt (1 ½ oz MMA)</i>	½ c <b>WG</b> Macaroni & Cheese • ¼ oz <b>Cheese</b> ; 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  <i>Veg: Same</i>