



| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------|---|--|---|---|---|
| LUNCH | | | | 1 Cereal Milk | 2 ¼ c Scrambled Eggs 1 WG Biscuit ½ c Mandarin Oranges . ¾ c Milk |
| | | | | 1 Oven Fried Chicken Leg ¼ c Coin Carrots 1 Mini Corn Muffin (0.9 oz) ¼ c Peaches ¾ c Milk <i>Veg: 2 Chix Strips (2 oz MMA)</i> | 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 <i>Veg: Same</i> |
| LUNCH | 5 Cereal Milk | 6 ¼ c WG Oatmeal ½ c Pineapple Tidbits ¾ c Milk | 7 ½ WG Bagel & Cream Cheese ½ c Sliced Apple ¾ c Milk | 8 Cereal Milk | 9 1 Cheese Omelet 1 oz WG English Muffin ½ c Pears ¾ c Milk |
| | ½ c Arroz con Pollo ¼ c <i>Vegetables (Bell Pepper, Onion Tomatoes)</i> ¼ c WG Rice ¼ c Cantaloupe ¾ c Milk <i>Veg: 2 Chix Strips w Rice (1 ½ oz MMA) w ¼ c Vegetables (Bell Pepper, Onion Tomatoes)</i> | 2 oz Meatloaf & Gravy 1 oz WG Roll ¼ c Broccoli & Dip ¼ c Roasted Potatoes ¾ c Milk <i>Veg: 2.5 oz Veggie Patty & Veggie Gravy</i> | <u>Asian</u> 2 oz Honey Glazed Chicken (1.5 oz MMA) ¼ c Asian WG Brown Rice ¼ c Stir Fried Bok Choy & Carrots ¼ c Mandarin Oranges ¾ c Milk <i>Veg: 3 Honey Glazed Chix Nuggets (1.5 MMA)</i> | 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 <i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i> | 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 <i>Veg: Same</i> |
| LUNCH | 12  | 13 1 WG Pancake w Syrup ½ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk <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> | 14 ½ WG English Muffin w PC Jelly ½ c Melon Salad ¾ c Milk <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: 3 Veggie Meatballs</i> | 15 Cereal Milk | 16 ¼ c Scrambled Eggs 1 WG Biscuit ½ c Mandarin Oranges ¾ c Milk |
| | | | | 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 Chix Nuggets w Alfredo Sauce and ¼ c WG 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> |



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|--------------|--|---|---|---|--|
| | <p>19</p> <p>Cereal Milk</p> | <p>20</p> <p>¼ c WG Oatmeal ½ c Honeydew ¾ c Milk</p> | <p>21</p> <p>½ WG Bagel & Cream Cheese ½ c Sliced Apple ¾ c Milk</p> | <p>22</p> <p>Cereal Milk</p> | <p>23</p> <p>1 Cheese Omelet 1 oz WG English Muffin w PC Jelly ½ c Pears ¾ c Milk</p> |
| LUNCH | <p><u>Japan</u></p> <p>2 oz Teriyaki Chicken ¼ c WG Rice ¼ c Asian Succotash (Baby Corn, Lima Beans, Tomato) ¼ c Pineapple ¾ c Milk</p> <p><i>Veg: 3 Chix Nuggets w Teriyaki Sauce</i></p> | <p>½ c Beef Picadillo #8 1 ½ oz Meat ¼ c WG Rice (½ oz Grain) ½ c Spinach Salad w Creamy Italian ¼ c Pears ¾ c Milk</p> <p><i>Veg: Bean Picadillo</i></p> | <p><u>Breakfast for Lunch</u></p> <p>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</p> <p><i>Veg: ½ c Yogurt & 1 oz String Cheese</i></p> | <p>2 oz Beef Patty 1 WG Bun ¼ c Glazed Carrots ¼ c Cantaloupe ¾ c Milk</p> <p><i>Veg 3/8 c Barbecue Kidney Beans w ½ WG w Pita</i></p> | <p>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</p> <p><i>Veg: Same</i></p> |
| | <p>26</p> <p>Cereal Milk</p> | <p><u>Apple Jack Pancake</u> 27</p> <p>1 WG Pancake w Syrup ½ c Honeydew ¾ c Milk</p> | <p>28</p> <p>½ WG English Muffin w PC Jelly ½ c Melon Salad ¾ c Milk</p> | <p>29</p> <p>Cereal Milk</p> | <p>30</p> <p>¼ c Scrambled Eggs 1 WG Biscuit ½ c Mandarin Oranges. ¾ c Milk</p> |
| LUNCH | <p>¼ c WG Spaghetti & ½ c Meat Sauce ¼ c Green Beans 2 Orange Wedges ¾ c Milk</p> <p><i>¼ Spaghetti & ½ Soy Protein Sauce</i></p> | <p>¼ c Turkey Sloppy Joe 1 oz WG Bun ¼ c Creamed Spinach & Greens ½ Apple ¾ c Milk</p> <p><i>½ c Soy Protein Joe</i></p> | <p><u>China</u></p> <p>¼ c Stir Fried Beef ¼ c WG Rice ¼ c Broccoli & Dip ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ¾ c Milk</p> <p><i>Veg: ½ c Soy Protein & Broccoli</i></p> | <p>1 Oven Fried Chicken Leg ¼ c Coin Carrots 1 Mini Corn Muffin (0.9 oz) ¼ c Peaches ¾ c Milk</p> <p><i>Veg: 2 Chix Strips (2 oz M/M/A)</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> |