



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>B</b> <b>R</b> <b>E</b> <b>A</b> <b>K</b> <b>F</b> <b>A</b> <b>S</b> <b>T</b>	Cereal Fruit Milk 3	1 <b>WG</b> Pancake / Applesauce Topping 1oz ½ c <b>Pineapple</b> ¾ c Milk 4	1 Hardboiled Egg 1 <b>WG</b> Biscuit 1 oz w PC Jelly ½ c <b>Honeydew</b> ¾ c Milk 5	Cereal Fruit Milk 6	¼ c Scrambled Eggs 1 <b>WG</b> Biscuit (1 oz) 4 <b>Orange Wedges</b> ¾ c Milk 7
<b>L</b> <b>U</b> <b>N</b> <b>C</b> <b>H</b>	2 oz Oven Fried Chicken Leg 1 <b>WG</b> Wheat Roll (1 oz) ¼ c <b>Glazed Carrots</b> ¼ c <b>Apple Slices</b> (2-3) ¾ c Milk <i>Veg: 3 Chickenless Nuggets*</i>	2 oz CN Hamburger Patty 1 <b>WG</b> Bun ½ c <b>Spinach Salad</b> w Ranch ¼ c <b>Cantaloupe</b> ¾ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	<u>Make Your Own Joe</u> ½ c <b>Bean</b> Sloppy Joe (2 oz meat alternate) #8 1 <b>WG</b> Bun ¼ c Cole Slaw 2 <b>Orange Wedges</b> ¾ c Milk <i>Veg: Same</i>	½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c <b>WG</b> Rice ¼ c <b>Broccoli</b> w Creamy Italian Dip ¼ c <b>Pears</b> ¾ c Milk <i>Veg: 1 Lasagna Roll - Up</i>	1 Cheese Manicotti (2.75oz) w Tomato Basil (1 ½ oz cheese 2 oz <b>WG</b> grain) ½ c <b>Romaine Salad</b> w Ranch ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>
<b>B</b> <b>R</b> <b>E</b> <b>A</b> <b>K</b> <b>F</b> <b>A</b> <b>S</b> <b>T</b>	Cereal Fruit Milk 10	¼ c <b>WG</b> Oatmeal ½ c <b>Peaches</b> ¾ c Milk 11	½ <b>WG</b> Bagel w Cream Cheese ½ c <b>Pears</b> ¾ c Milk 12	Cereal Fruit Milk 13	¼ c Scrambled Eggs 1 <b>WG</b> Biscuit (1 oz) ½ c <b>Melon Salad</b> ¾ c Milk 14
<b>L</b> <b>U</b> <b>N</b> <b>C</b> <b>H</b>	3 Meatballs (1.5 oz) with Marinara Sauce ¼ c <b>WG</b> Penne PC Parmesan Cheese ¼ c <b>Baby Carrots</b> w Veggie Dip ½ <b>Apple</b> ¾ c Milk <i>Veg: 3 Veggie Meatballs</i>	<u>Mediterranean Cold Menu</u> ¼ c Seasoned Chicken Strips (2 oz) ½ <b>WG</b> Pita (1 oz) 1 Tbsp <b>Hummus</b> ¼ c <b>Petite Broccoli</b> w Italian ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk <i>Veg: 3/8 c Chickpeas</i>	½ c Beef & <b>Bean</b> Chili 2 oz meat/meat alternate 1 oz Combread ½ c <b>Romaine</b> with Ranch 2 <b>Orange Wedges</b> ¾ c Milk <i>Veg: Vegetarian Chili</i>	3 oz <b>WG</b> Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice ½ c <b>Spinach Salad</b> w Italian ¼ c <b>Strawberries</b> ¾ c Milk <i>Veg: 6 oz Yogurt</i>	<u>Make Your Own Burrito</u> ¼ c <b>Black Beans</b> & 1/8 c Monterrey Cheese 1-6 in <b>WW</b> Tortilla (1 oz) PC Mild Salsa ½ c Shredded <b>Lettuce</b> ¼ c <b>Pineapple</b> ¾ c Milk <i>Veg: Same</i>
<b>B</b> <b>R</b> <b>E</b> <b>A</b> <b>K</b> <b>F</b> <b>A</b> <b>S</b> <b>T</b>	Cereal Fruit Milk 17	2 French Toast Bites (1.02 oz) ½ c <b>Cantaloupe</b> ¾ c Milk 18	2 oz Yogurt 1 Blueberry Mini Muffin 1 oz ½ c <b>Tropical Fruit Salad</b> ¾ c Milk 19	Cereal Fruit Milk 20	1 Cheese Omelet 1 <b>WG</b> Biscuit 1 oz ½ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk 21
<b>L</b> <b>U</b> <b>N</b> <b>C</b> <b>H</b>	<u>Italian</u> 2 Chicken Tenders 2 oz PC Marinara Sauce 1 <b>WG</b> Breadstick ¼ c <b>Baby Carrots</b> ½ <b>Apple</b> ¾ c Milk <i>Veg: 2 Chix Tenders</i>	½ c Beef & Macaroni Pasta Bake #8 • 2 oz beef, ¼ c <b>WG</b> noodles(½ oz) ¼ c <b>Broccoli</b> w Ranch ¼ c <b>Pineapple</b> ¾ c Milk <i>Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	2 oz Oven Fried Chicken Leg 1 oz <b>WG</b> Corn Muffin ¼ c Cole Slaw ¼ c <b>Honeydew</b> ¾ c Milk <i>Veg: 3 Chickenless Nuggets*</i>	<u>Make Your Own Taco</u> ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard <b>WG</b> Taco Shell ½ c Shredded <b>Lettuce</b> PC Salsa ½ <b>Banana</b> ¾ c Milk <i>Veg: ½ c Black Beans</i>	½ c Macaroni & Cheese ¼ oz Cheese; ¼ c <b>WG</b> Noodles ½ oz 3/8 c Vegetarian <b>Baked Beans</b> ½ c <b>Spinach</b> Salad w Italian ¼ c <b>Peaches</b> ¾ c Milk <i>Veg: Same</i>



	24	25	26	27	28
<b>R E A K F A S T</b>	Cereal Fruit Milk	1 <b>WG</b> French Toast ½ c <b>Apple Slices</b> (4-6 slices) ¾ c Milk	½ Stuffed Mini Bagel ½ c <b>Pineapple</b> ¾ c Milk	Cereal Fruit Milk	1 Egg Biscuit <i>(1 oz WG Biscuit/1oz Egg Patty)</i> ½ c <b>Pears</b> ¾ c Milk
<b>L U N C H</b>	<u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp <b>Hummus</b> ½ oz Slider Cheddar Cheese 1 <b>WG</b> Flour Tortilla (1 oz) ½ c <b>Spinach Salad</b> w Italian ¼ c <b>Pears</b> ¾ c Milk  <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i>	1 Chicken Patty  • 2 oz Chicken  1 <b>WG</b> Bun ¼ c <b>Three Bean Salad</b> ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk  <i>Veg: Black Bean Patty*</i>	2 oz Meatloaf 1 <b>WG</b> Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c <b>Strawberries</b> ¾ c Milk  <i>Veg: Black Bean Patty*</i>	<u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c <b>Brown WG</b> Rice ¼ c <b>Broccoli</b> w Ranch ¼ c <b>Mandarin Oranges</b> ¾ c Milk  <i>Veg: 3 Honey Glazed Chickenless Nuggets*</i>	<u>Make Your Own Pizza</u> ½ <b>WW</b> English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese ¼ c Marinara Sauce (Hot) ½ c <b>Spinach Salad</b> w Italian ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>