



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T					1 1 Cheese Omelet 1 WG Biscuit 1 oz ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk
					½ c 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 Peaches ¾ c Milk <i>Veg: Same</i>
L U N C H					
B R E A K F A S T	4 Cereal and Milk	5 1 WG French Toast (1.5 oz) ½ c Apple Slices (4-6 slices) ¾ c Milk	6 ½ Stuffed Mini Bagel (1 oz grain) ½ c Pineapple ¾ c Milk	7 Cereal and Milk	8 1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ½ c Pears ¾ c Milk
L U N C H	<u>Make Your Own Wrap</u> 1 oz Turkey (2 Slices) 2 Tbsp Hummus ½ oz Slider Cheddar Cheese 1 WG Flour Tortilla (1 oz) ½ c Spinach Salad w Italian ¼ c Pears ¾ c Milk <i>Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)</i>	Chicken Patty • 2 oz Chicken 1 WG Bun (1.8 oz) ¼ c Three Bean Salad ¼ c Tropical Fruit Salad ¾ c Milk <i>Veg: Black Bean Patty*</i>	2 oz Meatloaf 1 WG Corn Muffin (1 oz) ¼ c Cheesy Mashed Potatoes ¼ c Honeydew ¾ c Milk <i>Veg: Black Bean Patty*</i>	<u>Asian</u> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice (½ oz grain) ¼ c Broccoli w Ranch ¼ c Mandarin Oranges ¾ c Milk <i>Veg: 3 Honey Glazed Chickenless Nuggets*</i>	<u>Make Your Own Pizza</u> ½ WW English Muffin 1 oz 2 TBSP Shredded Mozzarella Cheese 1 oz String Cheese ¼ c Marinara Sauce (Hot) ½ c Spinach Salad w Italian ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>
B R E A K F A S T	11 Cereal and Milk	12 1 WG Pancake / Applesauce Topping 1oz ½ c Pineapple ¾ c Milk	13 1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ½ c Honeydew ¾ c Milk	14 Cereal and Milk	15 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¾ c Milk
L U N C H					
B R E A K F A S T					
L U N C H	2 oz Oven Fried Chicken Leg 1 WG Wheat Roll (1 oz) ¼ c Glazed Carrots ¼ c Apple Slices (2-3) ¾ c Milk <i>Veg: 3 Chickenless Nuggets*</i>	2 oz CN Hamburger Patty 1 WG Bun (1.8 oz) ½ c Spinach Salad w Ranch ¼ c Cantaloupe ¾ c Milk <i>Veg: Vegetarian Black Bean Burger*</i>	<u>Make Your Own Joe</u> ½ c Bean Sloppy Joe (2 oz meat alternate) #8 1 WG Bun (1.8 oz) ¼ c Cole Slaw 2 Orange Wedges ¾ c Milk <i>Veg: Same</i>	½ c Beef Picadillo #8 (1 ½ oz meat) ¼ c WG Rice (½ oz Grain) ¼ c Broccoli w Creamy Italian Dip ¼ c Pears ¾ c Milk <i>Veg: 1 Lasagna Roll - Up</i>	1 Cheese Manicotti (2.75oz) w Tomato Basil (1 ½ oz cheese 2 oz WG grain) ½ c Romaine Salad w Ranch ¼ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk <i>Veg: Same</i>



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B R E A K F A S T	Cereal and Milk 18	1/4 c WG Oatmeal (0.7 oz) 1/2 c Peaches 3/4 c Milk 19	1/2 WG Bagel w Cream Cheese 1/2 c Pears 3/4 c Milk 20	Cereal and Milk 21	1/4 c Scrambled Eggs 1 WG Biscuit (1 oz) 1/2 c Melon Salad 3/4 c Milk 22
L U N C H	3 Meatballs (1.5 oz) with Marinara Sauce 1/4 c WG Penne (1/2 oz) PC Parmesan Cheese 1/4 c Baby Carrots w Veggie Dip 1/2 Apple 3/4 c Milk <i>Veg: 3 Veggie Meatballs</i>	<u>Mediterranean Cold Menu</u> 1/4 c Seasoned Chicken Strips (2 oz) 1/2 WG Pita (1 oz) 1 Tbsp Hummus 1/4 c Petite Broccoli w Italian 1/4 c Tropical Fruit Salad 3/4 c Milk <i>Veg: 3/8 c Chickpeas</i>	1/2 c Beef & Bean Chili 2 oz meat/meat alternate 1 oz Cornbread 1/2 c Romaine with Ranch 2 Orange Wedges 3/4 c Milk <i>Veg: Vegetarian Chili</i>	3 oz WG Fish Fillet (1.5 oz MMA) 1/4 c Bolivian Rice (1/2 oz Grain) 1/2 c Spinach Salad w Italian 1/4 c Honeydew 3/4 c Milk <i>Veg: 6 oz Yogurt</i>	<u>Make Your Own Burrito</u> 1/4 c Black Beans & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa 1/2 c Shredded Lettuce 1/4 c Pineapple 3/4 c Milk <i>Veg: Same</i>
B R E A K F A S T	Cereal and Milk 25	2 French Toast Bites (1.02 oz) 1/2 c Cantaloupe 3/4 c Milk 26	2 oz Yogurt 1 Blueberry Mini Muffin 1 oz 1/2 c Tropical Fruit Salad 3/4 c Milk 27	Cereal and Milk 28	1 Cheese Omelet 1 WG Biscuit 1 oz 1/2 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) 3/4 c Milk 29
L U N C H	<u>Italian</u> 2 Chicken Tenders 2 oz PC Marinara Sauce 1 WG Breadstick (1.2 oz) 1/4 c Baby Carrots 1/2 Apple 3/4 c Milk <i>Veg: 2 Chix Tenders</i>	1/2 c Beef & Macaroni Pasta Bake #8 • 2 oz beef, 1/4 c WG noodles(1/2 oz) 1/4 c Broccoli w Ranch 1/4 c Pineapple 3/4 c Milk <i>Veg: 1/2 c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick</i>	2 oz Oven Fried Chicken Leg 1 oz WG Corn Muffin 1/4 c Cole Slaw 1/4 c Honeydew 3/4 c Milk <i>Veg: 3 Chickenless Nuggets*</i>	<u>Make Your Own Taco</u> 1/4 c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard WG Taco Shell 1/2 c Shredded Lettuce PC Salsa 1/2 Banana 3/4 c Milk <i>Veg: 1/2 c Black Beans</i>	1/2 c Macaroni & Cheese 1/4 oz Cheese; 1/4 c WG Noodles 1/2 oz 3/8 c Vegetarian Baked Beans 1/2 c Spinach Salad w Italian 1/4 c Peaches 3/4 c Milk <i>Veg: Same</i>