



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 ½ Stuffed Mini Bagel (1 oz grain) ½ c Pineapple ¾ c Milk	2 Cereal Fruit Milk	3 1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ½ c Pears ¾ c Milk
LUNCH			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 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>
BREAKFAST	6 Cereal Fruit Milk	7 1 WG Pancake / Applesauce Topping 1oz ½ c Pineapple ¾ c Milk	8 1 Hardboiled Egg 1 WG Biscuit 1 oz w PC Jelly ½ c Honeydew ¾ c Milk	9 Cereal Fruit Milk	10 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Apricots ¾ c Milk
LUNCH	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 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 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 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>
BREAKFAST	13 Cereal Fruit Milk	14 ¼ c WG Oatmeal ½ c Peaches ¾ c Milk	15 ½ WG Bagel w Cream Cheese ½ c Pears ¾ c Milk	16 Cereal Fruit Milk	17 ¼ c Scrambled Eggs 1 WG Biscuit (1 oz) ½ c Melon Salad ¾ c Milk
LUNCH	3 Meatballs (1.5 oz) with Marinara Sauce ¼ c WG Penne PC Parmesan Cheese ¼ c Baby Carrots w Veggie Dip ½ Apple ¾ c Milk <i>Veg: 3 Veggies Meatballs</i>	<u>Mediterranean Cold Menu</u> ¼ c Seasoned Chicken Strips (2 oz) ½ WG Pita (1 oz) 1 Tbsp Hummus ¼ c Petite Broccoli w Italian ¼ c Tropical Fruit Salad ¾ c Milk <i>Veg: 3/8 c Chickpeas</i>	½ c Beef & Bean Chili 2 oz meat/meat alternate 1 oz Cornbread ½ c Romaine with Ranch 2 Orange Wedges ¾ c Milk <i>Veg: Vegetarian Chili</i>	3 oz WG Fish Fillet (1.5 oz M/MA) ¼ c Bolivian Rice ½ c Spinach Salad w Italian ¼ c Strawberries ¾ c Milk <i>Veg: 6 oz Yogurt</i>	<u>Make Your Own Burrito</u> ¼ c Black Beans & 1/8 c Monterrey Cheese 1-6 in WW Tortilla (1 oz) PC Mild Salsa ½ c Shredded Lettuce ¼ c Pineapple ¾ c Milk <i>Veg: Same</i>

MONDAY		TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	20	21	22	23	24
	Cereal Fruit Milk	2 French Toast Bites (1.02 oz) ½ c Cantaloupe ¾ c Milk	2 oz Yogurt 1 Blueberry Mini Muffin 1 oz ½ c Tropical Fruit Salad ¾ c Milk	Cereal Fruit Milk	1 Cheese Omelet 1 WG Biscuit 1 oz ½ c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ¾ c Milk
LUNCH	27	28	29	30	31
	<p align="center">Italian</p> 2 Chicken Tenders 2 oz PC Marinara Sauce 1 WG Breadstick ¼ c Baby Carrots ½ Apple ¾ c Milk <i>Veg: 2 Chix Tenders</i>	½ c Beef & Macaroni Pasta Bake #8 <ul style="list-style-type: none"> • 2 oz beef, ¼ c WG noodles(½ oz) ¼ c Broccoli w Ranch ¼ c Pineapple 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 WG Corn Muffin ¼ c Cole Slaw ¼ c Honeydew ¾ c Milk <i>Veg: 3 Chickenless Nuggets*</i>	<p align="center">Make Your Own Taco</p> ¼ c Beef Taco Meat (1.5 oz meat) 1 Tbsp Shredded Cheddar Cheese 1oz Hard WG Taco Shell ½ c Shredded Lettuce PC Salsa ½ Banana ¾ c Milk <i>Veg: ½ c Black Beans</i>	½ c Macaroni & Cheese <ul style="list-style-type: none"> 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>
BREAKFAST	27	28	29	30	31
	 <p align="center">STUDENT-HOLIDAY CLOSED</p>	1 WG French Toast ½ c Apple Slices (4-6 slices) ¾ c Milk	½ Stuffed Mini Bagel ½ c Pineapple ¾ c Milk	Cereal Fruit Milk	1 Egg Biscuit (1 oz WG Biscuit/1oz Egg Patty) ½ c Pears ¾ c Milk
LUNCH	27	28	29	30	31
	 <p align="center">STUDENT-HOLIDAY CLOSED</p>	1 Chicken Patty <ul style="list-style-type: none"> • 2 oz Chicken 1 WG Bun 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 Strawberries ¾ c Milk <i>Veg: Black Bean Patty*</i>	<p align="center">Asian</p> ¼ c Honey Glazed Chicken (1.5 oz meat) #16 ¼ c Brown WG Rice ¼ c Broccoli w Ranch ¼ c Mandarin Oranges ¾ c Milk <i>Veg: 3 Honey Glazed Chickenless Nuggets*</i>	<p align="center">Make Your Own Pizza</p> 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>