


| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------|--|---|---|---|---|
| BREAKFAST | | <u>Apple Jack Pancake</u> 1 1 WG Pancake w Syrup ¼ c Honeydew ½ c Milk | 2 ½ WG English Muffin w PC Jelly ¼ c Melon Salad ½ c Milk | 3 Cereal and milk | 4 ¼ c Scrambled Eggs 1 WG Biscuit ¼ c Mandarin Oranges ½ c Milk |
| LUNCH | | ¼ c Turkey Sloppy Joe 1 oz WG Bun 1/8 c Creamed Spinach & Greens 1/8 c Applesauce ½ c Milk <i>Veg: ½ c Soy Protein Joe (1.5 oz M/M/A)</i> | <u>China</u> 1/8 c Stir Fried Beef ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk <i>Veg: ½ c Soy Protein (2 oz M/M/A) & Broccoli</i> | 1 Chicken Tender 1/8 c Coin Carrots 1 Mini Corn Muffin (0.9 oz) 1/8 c Peaches ½ c Milk <i>Veg: 1 Chix Strips (2 oz M/M/A) Alt: ½ Cheese Sandwich, 4 oz Yogurt (1 ½ oz M/M/A)</i> | ½ c WG Macaroni & Cheese • ¼ oz Cheese; ¼ c WG Noodles ½ oz ¼ c Vegetarian Baked Beans 1/8 c Steamed Spinach 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i> |
| BREAKFAST | 7  | 8 ¼ c WG Oatmeal ¼ c Pineapple Tidbits ½ c Milk | 9 ½ WG Bagel & Cream Cheese ¼ c Applesauce ½ c Milk | 10 Cereal and milk | 11 1 Cheese Omelet 1 oz WG English Muffin ¼ c Pears ½ c Milk |
| LUNCH | | 1 oz Meatloaf & Gravy 1 oz WG Roll 1/8 c Steamed Broccoli 1/8 c Roasted Potatoes ½ c Milk <i>Veg: ½ (2.5 oz) Veggie Patty & Veggie Gravy</i> | <u>Asian</u> 2 oz Honey Glazed Chicken (1.5 oz M/M/A) ¼ c Asian WG Brown Rice 1/8c Stir Fried Bok Choy & Carrots 1/8 c Mandarin Oranges ½ c Milk <i>Veg: 2 Honey Glazed Chix Nuggets (1.5 M/M/A)</i> | ¼ c Beef & WG Macaroni Pasta Bake #8 2 oz Beef, ¼ c WG Noodles(½ oz) 1/8 c Diced Cucumber w Ranch 1/8 c Honeydew ½ c Milk <i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i> | ¼ c Bean Burrito Bowl ¼ c Cilantro WG Rice ¼ c Pico de Gallo 1 TBSP Cheese 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) Alt: ¼ c Mango ½ c Milk <i>Veg: Same</i> |
| BREAKFAST | 14 Cereal and milk | 15 1 WG Pancake w Syrup ¼ c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk | 16 ½ WG English Muffin w PC Jelly ¼ c Melon Salad ½ c Milk | 17 Cereal and milk | 18 ¼ c Scrambled Eggs 1 WG Biscuit ¼ c Mandarin Oranges ½ c Milk |
| LUNCH | 3/8 c Chili 1 ½ oz M/M/A 1 Mini Corn Muffin (0.9 oz) 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk <i>Veg: ¾ c Vegetarian Chili</i> | <u>Morocco</u> 1 oz Moroccan Chicken 3/8 c Curried Vegetable Couscous 1/8 c Cantaloupe ½ c Milk <i>Veg: 3/8 c Moroccan Chickpeas (1.5 oz M/M/A)</i> | <u>Swedish Lunch</u> 2 Swedish Meatballs (2 oz M/M/A) in Gravy ¼ c WG Rice & Beets 1/8 c Pineapple ½ c Milk <i>Veg: 2 Veggie Meatballs (1.5 oz M/M/A)</i> | ½ c Chicken Alfredo w/ A WG • 1.13 oz M/M/A 0.6 oz Grain ¼ c Shredded Lettuce with Italian 1/8 c Applesauce ½ c Milk <i>Veg 2 Chix Nuggets (1.5 oz M/M/A) 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 1/8 c Fresh Fruit Salad (Honeydew, Cantaloupe, Pineapple) ½ c Milk <i>Veg: Same</i> |

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|------------------|--|--|--|---|---|
| BREAKFAST | Cereal and milk 21 | ¼ c WG Oatmeal ¼ c Honeydew ½ c Milk 22 | ½ WG Bagel & Cream Cheese ¼ c Applesauce ½ c Milk 23 | Cereal and milk 24 | 1 Cheese Omelet 1 oz WG English Muffin w PC Jelly ¼ c Pears ½ c Milk 25 |
| LUNCH | <u>Japan</u> 1 oz Teriyaki Chicken ¼ c WG Rice (½ oz Grain) 1/8 c Asian Succotash (Baby Corn, Lima Beans, Tomato) 1/8 c Pineapple ½ c Milk <i>Veg: 2 Chix Nuggets w Teriyaki Sauce</i> | 3/8 c Beef Picadillo #8 1/4 c WG Rice (½ oz Grain) <i>1 ½ oz Meat</i> 1/8 c Steamed Spinach 1/8 c Pears ½ c Milk <i>Veg: Bean Piccadillo (1.5 oz M/MA)</i> | <u>Breakfast for Lunch</u> 2 Turkey Sausage Bites (1.5 oz M/MA) 1 WG Pancake (2.28 oz) w Lite Syrup ¼ c Creamed Spinach & Greens 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk <i>Veg: ½ c Yogurt (1 oz M/MA) & 1 oz String Cheese</i> | 1 oz Beef Patty (1.5 oz M/MA) 1 WG Bun (1.8 oz) 1/8 c Glazed Carrots 1/8 c Cantaloupe ½ c Milk <i>Veg 3/8 c Barbecue Kidney Beans (2 oz M/MA) w/ ½ WG w Pita (1 oz G)</i> | ½ c Seasoned Red Beans & WG Rice • 1/4 c Beans ; ¼ c Rice ¼ c Steamed Broccoli 1/8 c Applesauce ½ c Milk <i>Veg: Same</i> |
| BREAKFAST | Cereal and milk 28 | <u>Apple Jack Pancake</u> 1 WG Pancake w Syrup ¼ c Honeydew ½ c Milk 29 | ½ WG English Muffin w PC Jelly ¼ c Melon Salad ½ c Milk 30 | | |
| LUNCH | ¼ c WG Spaghetti & ¼ c Meat Sauce (2 oz M/MA) 1/8 c Green Beans 1/8 c Mandarin Oranges ½ c Milk <i>Veg: ¼ Spaghetti & ½ Soy Protein Sauce (1.5 oz M/MA)</i> | ¼ c Turkey Sloppy Joe 1 oz WG Bun 1/8 c Creamed Spinach & Greens 1/8 c Applesauce ½ c Milk <i>Veg: ½ c Soy Protein Joe (1.5 oz M/MA)</i> | <u>China</u> 1/8 c Stir Fried Beef ¼ c WG Rice 1/8 c Steamed Broccoli 1/8 c Tropical Fruit Salad (Pineapple, Papaya, Guava) ½ c Milk <i>Veg: ½ c Soy Protein (2 oz M/MA) & Broccoli</i> | | |