

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		<b>Apple Jack Pancake</b> 1 1 <b>WG</b> Pancake w Syrup ½ c <b>Honeydew</b> ¾ c Milk	2 ½ <b>WG</b> English Muffin w PC Jelly ½ c <b>Melon Salad</b> ¾ c Milk	3 Cereal and milk	4 ¾ c Scrambled Eggs 1 <b>WG</b> Biscuit ½ c <b>Mandarin Oranges</b> . ¾ c Milk
	LUNCH	¼ c Turkey Sloppy Joe 1 oz <b>WG</b> Bun ¼ c <b>Creamed Spinach &amp; Greens</b> ½ <b>Apple</b> ¾ c Milk  <i>Veg: ½ c Soy Protein Joe</i>	<b>China</b> ¼ c Stir Fried Beef ¼ c <b>WG</b> Rice ¼ c <b>Broccoli</b> & Dip ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk  <i>Veg: ½ c Soy Protein &amp; Broccoli</i>	1 Oven Fried Chicken Leg ¼ c <b>Coin Carrots</b> 1 Mini Corn Muffin (0.9 oz) ¼ c <b>Peaches</b> ¾ c Milk  <i>Veg: 2 Chix Strips (2 oz MMA)</i>	½ c <b>WG</b> 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>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>
BREAKFAST		7  ¾ c <b>WG</b> Oatmeal ½ c <b>Pineapple</b> Tidbits ¾ c Milk	8 ½ <b>WG</b> Bagel & Cream Cheese ½ c Sliced <b>Apple</b> ¾ c Milk	9 Cereal and milk	10 Cereal and milk
	LUNCH	2 oz Meatloaf & Gravy 1 oz <b>WG</b> Roll ¼ c <b>Broccoli</b> & Dip ¼ c Roasted Potatoes ¾ c Milk  <i>Veg: 2.5 oz Veggie Patty &amp; Veggie Gravy</i>	<b>Asian</b> 2 oz Honey Glazed Chicken (1.5 oz MMA) ¼ c Asian <b>WG</b> Brown Rice ¼ c Stir Fried <b>Bok Choy</b> & <b>Carrots</b> ¼ c <b>Mandarin Oranges</b> ¾ c Milk  <i>Veg: 3 Honey Glazed Chix Nuggets (1.5 MMA)</i>	½ c Beef & <b>WG</b> Macaroni Pasta Bake #8 2 oz Beef, ¼ c <b>WG</b> Noodles(½ oz) ½ c <b>Field Green Salad</b> w Ranch ¼ c <b>Honeydew</b> ¾ c Milk  <i>Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick</i>	½ c <b>Bean</b> Burrito Bowl ¼ c Cilantro <b>WG</b> Rice ¼ c Pico de Gallo 1 TBSP Cheese ¼ c <b>Fresh Fruit Salad</b> (Honeydew, Cantaloupe, Pineapple) ¾ c Milk  <i>Veg: Same</i>
BREAKFAST		14 Cereal and milk	15 1 <b>WG</b> Pancake w Syrup ½ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk	16 ½ <b>WG</b> English Muffin w PC Jelly ½ c <b>Melon Salad</b> ¾ c Milk	17 Cereal and milk
	LUNCH	½ c <b>Chili</b> 1 Mini Corn Muffin ½ c <b>Spinach Salad</b> w/ Ranch ¼ <b>Pears</b> ¾ c Milk  <i>Veg: ¾ c Vegetarian Chili</i>	<b>Morocco</b> 2 oz Moroccan Chicken ½ c Curried Vegetable Couscous ¼ c <b>Cantaloupe</b> ¾ c Milk  <i>Veg: 3/8 c Moroccan Chickpeas</i>	<b>Swedish Lunch</b> 3 Swedish Meatballs (2 oz MMA) in Gravy ½ c <b>WG</b> Rice & <b>Beets</b> ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: 3 Veggie Meatballs</i>	¾ c Chicken Alfredo w/ A <b>WG</b> Twist • 1.7 oz MMA 0.9 oz Grain ½ c <b>Shredded Kale</b> Salad with Italian ¼ c <b>Apple</b> ¾ c Milk  <i>Veg 3 Chix Nuggets w Alfredo Sauce and ¼ c WG Rotini</i>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal and milk 21	¼ c <b>WG</b> Oatmeal ½ c <b>Honeydew</b> ¾ c Milk 22	½ <b>WG</b> Bagel & Cream Cheese ½ c Sliced <b>Apple</b> ¾ c Milk 23	Cereal and milk 24	1 Cheese Omelet 1 oz <b>WG</b> English Muffin w PC Jelly ½ c <b>Pears</b> ¾ c Milk 25
LUNCH	<u>Japan</u> 2 oz Teriyaki Chicken ¼ c <b>WG</b> Rice ¼ c Asian Succotash (Baby Corn, Lima Beans, Tomato) ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: 3 Chix Nuggets w Teriyaki Sauce</i>	½ c Beef Picadillo #8 <i>1 ½ oz Meat</i> ¼ c <b>WG</b> Rice (½ oz Grain) ½ c <b>Spinach Salad</b> w Creamy Italian ¼ c <b>Pears</b> ¾ c Milk  <i>Veg: Bean Piccadillo</i>	<u>Breakfast for Lunch</u> 3 Turkey Sausage Bites 2 <b>WG</b> Pancake (2.28 oz) w Lite Syrup ¼ c <b>Creamed Spinach &amp; Greens</b> ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk  <i>Veg: ½ c Yogurt &amp; 1 oz String Cheese</i>	2 oz Beef Patty 1 <b>WG</b> Bun ¼ c Glazed <b>Carrots</b> ¼ c <b>Cantaloupe</b> ¾ c Milk  <i>Veg 3/8 c Barbecue Kidney Beans w ½ WG w Pita</i>	5/8 c Seasoned <b>Red Beans &amp; WG</b> Rice • 3/8 c <b>Beans</b> ; ¼ c <b>Rice</b> ¼ c <b>Broccoli</b> w Italian Dressing ½ <b>Apple</b> ¾ c Milk  <i>Veg: Same</i>
BREAKFAST	Cereal and milk 28	<u>Apple Jack Pancake</u> 1 <b>WG</b> Pancake w Syrup ½ c <b>Honeydew</b> ¾ c Milk 29	½ <b>WG</b> English Muffin w PC Jelly ½ c <b>Melon Salad</b> ¾ c Milk 30		
LUNCH	¼ c <b>WG</b> Spaghetti & ½ c Meat Sauce ¼ c <b>Green Beans</b> 2 <b>Orange Wedges</b> ¾ c Milk  <i>¼ Spaghetti &amp; ½ Soy Protein Sauce</i>	¼ c Turkey Sloppy Joe 1 oz <b>WG</b> Bun ¼ c <b>Creamed Spinach &amp; Greens</b> ¼ c <b>Applesauce</b> ¾ c Milk  <i>½ c Soy Protein Joe</i>	<u>China</u> ¼ c Stir Fried Beef ¼ c <b>WG</b> Rice ¼ c <b>Broccoli</b> & Dip ¼ c <b>Tropical Fruit Salad</b> (Pineapple, Papaya, Guava) ¾ c Milk  <i>Veg: ½ c Soy Protein &amp; Broccoli</i>		