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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| LUNCH | **2**¼ c **WG** Spaghetti & ½ c Meat Sauce (2 oz M/MA)¼ c **Green Beans**2 **Orange Wedges** ¾ c Milk***¼ Spaghetti & ½ Soy Protein Sauce (1.5 oz M/MA)*** | **3**¼ c Turkey Sloppy Joe 1 oz **WG** Bun¼ c **Creamed Spinach & Greens**½ **Apple** ¾ c Milk***½ c Bean Sloppy Protein Joe*** *(1.5 oz m/ma)* |  China **4**¼ c Stir Fried Beef ¼ c **WG** Rice¼ c **Broccoli** &Ranch Dip¼ c **Tropical Fruit Salad** (Pineapple, Papaya, Guava)¾ c Milk***Veg: ½ c Stir Fried Tofu*** | **5**1 Oven Baked Chicken Leg (2 oz M/MA)¼ c **Coin Carrots** 1 Mini Corn Muffin (0.9 oz)¼ c **Peaches** ¾ c Milk***Veg: 3 Dr Praeger’s Chix Nuggets*** *2 oz m/ma* ***alt. ½ Cheese Sandwich, 4 oz Yogurt*** 1 ½ oz m/ma | **6**½ c **WG** 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 **Watermelon**¾ c Milk***Veg: Same*** |
| **9** ½ c Arroz con Pollo ***¼ c Vegetables (Bell Pepper, Onion Tomatoes)***¼ c **WG** Rice¼ c **Mandarin Oranges** ¾ c Milk***Veg: 3 Dr Praeger’s Chix Strips con Pollo w Rice*** | **10**2 oz Meatloaf & Gravy1 oz **WG** Roll¼ c **Broccoli** &RanchDip¼ c Roasted Potatoes¾ c Milk***Veg: ½ c Hummus, ½ WG Pita (No Roll)*** |  Asian **11**2 oz Honey Glazed Chicken (1.5 oz M/MA)¼ c Asian **WG** Brown Rice¼ c Stir Fried **Bok Choy** & **Carrots**¼ c **Cantaloupe**¾ c Milk***Veg: 3 Honey Glazed Dr Praeger’s Chix Nuggets (1.5 M/MA)*** | **12**½ c Beef & **WG** Macaroni Pasta Bake #8 *2 oz Beef, ¼ c* ***WG*** *Noodles(½ oz)*½ c **Field Green Salad** w Ranch¼ c **Honeydew**¾ c Milk***Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick*** | **13**½ c **Bean** Burrito Bowl¼ c Cilantro **WG** Rice ¼ c Pico de Gallo 1 TBSP Cheese¼ c **Fresh Fruit Salad**  (Honeydew, Cantaloupe, Pineapple) ¾ c Milk***Veg: Same*** |
| **16**½ c **Chili** 1 ½ oz M/MA1 Mini Corn Muffin (0.9 oz) ¼ c **Spinach** or ½ c **Spinach Salad** w/Ranch¼ **Pears** ¾ c Milk***Veg: ¾ c Vegetarian Chili*** |  Morocco **17**2 oz Moroccan Chicken¼ c Vegetable ¼ c Curried Couscous ¼ c **Cantaloupe**¾ c Milk***Veg: 3/8 c Moroccan Chickpeas***  |  Swedish Lunch **18**3 Swedish Meatballs (2 oz M/MA) in Gravy½ c **WG** Rice & **Beets** ¼ c **Pineapple**¾ c Milk***Veg: ½ c Vegetarian Baked Beans***  | **19**¼ c Chicken Alfredo w ¼ c A **WG** Twist ½ c **Shredded Kale** Salad with Italian¼ c **Watermelon** ¾ c Milk***Veg: 3 Dr Praeger’s Chix Nuggets 1.5oz m/ma w Alfredo Sauce and ¼ c Rotini*** | **20**1 Cheese Manicotti w Tomato Basil Sauce * *1 ½ oz Cheese, 2 oz* ***WG*** *Grain (2.75 oz)*

¼ c **Broccoli** w/ Veggie Dip¼ c **Fresh Fruit Salad**  (Honeydew, Cantaloupe, Pineapple)¾ c Milk***Veg: Same*** |
|  Japan **23**2 oz Teriyaki Chicken ¼ c **WG** Rice ¼ c Asian Succotash (Baby Corn, **Lima Beans, Tomato**)¼ c **Pineapple**¾ c Milk***Veg: 3 Dr Praeger’s Chix Nuggets w Teriyaki Sauce*** | **24**½ c Beef Picadillo #8*1 ½ oz Meat*¼ c **WG** Rice (½ oz Grain)½ c **Spinach Salad** w Creamy Italian¼ c **Pears**¾ c Milk***Veg: Bean Piccadillo***  |  Breakfast for Lunch **25**3 Turkey Sausage Bites 2 **WG** Pancake (2.28 oz) w Lite Syrup¼ c **Creamed Spinach** & **Greens**¼ c **Tropical Fruit Salad** (Pineapple, Papaya, Guava)¾ c Milk***Veg: ½ c Yogurt & 1 oz String Cheese***  | **26**2 oz Beef Patty 1 **WG** Bun ¼ c Glazed **Carrots**¼ c **Cantaloupe** ¾ c Milk ***Veg 3/8 c Barbecue Kidney Beans w/ ½ WG w Pita***  | **27**5/8 c Seasoned **Red Beans** & **WG** Rice* 3*/8 c* ***Beans****; ¼ c Rice*

¼ c **Broccoli** w Italian Dressing½ **Apple**¾ c Milk***Veg: Same*** |
| **30**¼ c **WG** Spaghetti & ½ c Meat Sauce (2 oz M/MA)¼ c **Green Beans**2 **Orange Wedges** ¾ c Milk***¼ Spaghetti & ½ Soy Protein Sauce (1.5 oz M/MA)*** | **31**¼ c Turkey Sloppy Joe 1 oz **WG** Bun¼ c **Creamed Spinach & Greens**½ **Apple** ¾ c Milk***½ c Bean Sloppy Protein Joe*** *(1.5 oz m/ma)* |  |