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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** Bun  ¼ 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** Rice  ¼ c **Broccoli** &Ranch Dip  ¼ 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** Rice  ¼ c **Mandarin Oranges**  ¾ c Milk  ***Veg: 3 Dr Praeger’s Chix Strips con Pollo w Rice*** | | **10**  2 oz Meatloaf & Gravy  1 oz **WG** Roll  ¼ c **Broccoli** &RanchDip  ¼ c Roasted Potatoes  ¾ 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 Rice  ¼ 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 Ranch  ¼ c **Honeydew**  ¾ c Milk  ***Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick*** | **13**  ½ c **Bean** Burrito Bowl  ¼ c Cilantro **WG** Rice  ¼ c Pico de Gallo  1 TBSP Cheese  ¼ c **Fresh Fruit Salad**  (Honeydew, Cantaloupe, Pineapple)  ¾ c Milk  ***Veg: Same*** |
| **16**  ½ c **Chili** 1 ½ oz M/MA  1 Mini Corn Muffin (0.9 oz)  ¼ c **Spinach** or ½ c **Spinach Salad** w/Ranch  ¼ **Pears**  ¾ c Milk  ***Veg: ¾ c Vegetarian Chili*** | | Morocco **17**  2 oz Moroccan Chicken  ¼ 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 Gravy  ½ 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 Italian  ¼ 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 Dip  ¼ 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 Italian  ¼ c **Pears**  ¾ c Milk  ***Veg: Bean Piccadillo*** | Breakfast for Lunch **25**  3 Turkey Sausage Bites  2 **WG** Pancake (2.28 oz) w Lite Syrup  ¼ 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 Dressing  ½ **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** Bun  ¼ c **Creamed Spinach & Greens**  ½ **Apple**  ¾ c Milk  ***½ c Bean Sloppy Protein Joe*** *(1.5 oz m/ma)* |  | | |