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| MONDAY | | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **BREAKFAST** |  | | | | 1  1 Egg Biscuit  *(1 oz WG Biscuit/1oz Egg Patty)*  ½ c **Pears**  ¾ c Milk |
| LUNCH | ¾ c Vegetarian Chili   * *3/8 c Beans*   1 oz Cornbread  ¼ c **Romaine Salad** w Italian  ¼ c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple)  ¾ c Milk  ***Veg: Same*** |
| **PM SNACK** | ½ c **Peaches**  ¼ c Cottage Cheese |
| **BREAKFAST** | 4  1/3 c WG Toasty Os  ½ c **Peaches**  ¾ c Milk | 5  1 WG Pancake / Applesauce Topping 1 oz  ½ c **Pineapple**  ¾ c Milk | 6  1 Hardboiled Egg  1 WG Biscuit w PC Jelly  ½ c **Honeydew**  ¾ c Milk | 7  1/3 c Corn Flakes  ½ **Banana**  ¾ c Milk | 8  ¼ c Scrambled Eggs  1 WG Biscuit  ½ c **Apricots**  ¾ c Milk |
| LUNCH | 2 oz Oven Baked Chicken Leg  1 WG Wheat Roll  ¼ c **Glazed Carrots**  ¼ c **Apple Slices**  ¾ c Milk  ***Veg: 3 Chickenless Nuggets\* w Ketchup*** | 2 oz CN Hamburger Patty  1 WG Bun  ¼ c **Spinach Salad** w Ranch  ¼ c **Cantaloupe**  ¾ c Milk  ***Veg: Vegetarian Black Bean Burger\*w Ketchup*** | Thailand  3/8 c Thai Basil Chicken  ¼ c Basmati Rice  ¼ c **Broccoli** and Bean Dip  ¼ c **Pears**  ¾ c Milk  ***Veg: 3/8 c Chickpeas*** | Make Your Own Joe  ¼ c Beef Sloppy Joe  1 WG Bun  ¼ c Cole Slaw  2 **Oranges Wedges**  ¾ c Milk  ***Veg: ½ c Vegetarian Baked Beans*** | 1 Cheese Manicotti (2.75oz)   * *1 ½ oz cheese 2 oz WG grain*   ¼ c **Romaine Salad** w Ranch  ¼ c **Fresh Fruit Salad**  (Honeydew, Cantaloupe, Pineapple)  ¾ c Milk  ***Veg: Same*** |
| **PM SNACK** | ½ c **Pears**  2 Squares Graham Crackers | 1 Mini Muffin (1 oz)  ½ c **Mandarin Oranges** | ½ c **Cucumbers** w Honey Mustard Dip  ¾ oz WG Goldfish | ¼ c Vanilla Yogurt  ½ c **Peaches** | ¾ oz IW Cheddar  4 WG Ritz Crackers |
| **BREAKFAST** | 11  1/3 c Crispy Rice  ½ c **Pineapple**  ¾ c Milk | 12  ¼ c Oatmeal  ½ c **Peaches**  ¾ c Milk | 13  ½ WG Bagel w Cream Cheese  ½ c **Pears**  ¾ c Milk | 14  1/3 c WG Kix  ½ **Banana**  ¾ c Milk | 15  ¼ c Scrambled Eggs  1 WG Biscuit  ½ c **Melon Salad**  ¾ c Milk |
| LUNCH | 3 Meatballs & Marinara Sauce  ¼ c WG Penne Pasta  PC Parmesan Cheese  ¼ c **Baby Carrots** w Veggie Dip  ½ **Apple**  ¾ c Milk  ***Veg: 3 Veggie Meatballs*** | ½ c Chicken & Rice  *¼ c Chicken & ¼ c Rice*  ¼ c **Petite Broccoli** w Italian  ¼ c **Tropical Fruit Salad**  ¾ c Milk  ***Veg: 3/8 c Chickpeas w Rice*** | 1 WG Cheese Enchiladas  *2 oz grain, 1.5 oz Cheese*  ¼ c **Romaine** with Ranch  2 **Oranges Wedges**  ¾ c Milk  ***Veg: Same*** | 3 oz WG Fish Fillet  ¼ c Bolivian Rice  ¼ c **Spinach Salad** w Italian  ¼ c **Strawberries** (2ea)  ¾ c Milk  ***Veg: 2 Mozzarella Cheese Sticks*** | Make Your Own Burrito  ¼ c Black Beans & 1/8 c Monterrey Cheese  1 - 6 in WW Tortilla  PC Mild Salsa  ¼ c **Romaine**  ¼ c **Pineapple**  ¾ c Milk  ***Veg: Same*** |
| **PM SNACK** | ½ c **Mandarin Oranges**  1 Hard Boiled Egg | ¾ oz IW Cheddar  4 WG Ritz Crackers | 2 Squares Graham Crackers  ½ c **Cantaloupe** | ½ c **Baby Carrots** w Veggie Dip  1 oz String Cheese | Make Your Own Parfait  1/8 c Nut-free Granola ½ oz  ¼ c Fruited Yogurt |
| MONDAY | | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **BREAKFAST** | 18  1/3 c WG Toasty Os  ½ c **Pears**  ¾ c Milk | 19  2 French Toast Bites  ½ c **Cantaloupe**  ¾ c Milk | 20  2 oz Yogurt  1 Mini Muffin  ½ c **Tropical Fruit Salad**  ¾ c Milk | 21  1/3 c Crispy Rice  4 **Orange Wedges**  ¾ c Milk | 22  1 Egg Omelet  1 WG Biscuit  ½ c **Fresh Fruit Salad**(Honeydew, Cantaloupe, Pineapple)  ¾ c Milk |
| LUNCH | Italian  2 Chicken Tenders 2 oz  PC Marinara Sauce  1 WG Breadstick  ¼ c **Baby Carrots**  ½ **Apple**  ¾ c Milk  ***Veg: 2 Chix Tenders*** | ½ c Beef & Macaroni Pasta Bake #8   * *2 oz beef, ¼ c WG noodles*   ¼ c **Broccoli** w Ranch  ¼ c **Pineapple**  ¾ c Milk  ***Veg: ½ c Cheesy Macaroni Pasta Bake w 1 Mozzarella Cheese Stick*** | 2 oz Oven Fried Chicken Leg  1 oz Cornbread  ¼ cCole Slaw  ¼ c **Honeydew**  ¾ c Milk  ***Veg: 3 Chickenless Nuggets\* w Ketchup*** | Make Your Own Taco  ¼ c Beef Taco Meat (1.5 oz meat)  1 Tbsp Shredded Cheddar Cheese  1oz Hard Taco Shell  ¼ c **Shredded Romaine**  PC Salsa  ½ **Banana**  ¾ c Milk  ***Veg: ½ c Black Beans*** | ½ c Macaroni & Cheese   * *¼ oz Cheese; ¼ c WG Noodles*   3/8 c Vegetarian Baked Beans  ¼ c **Spinach** Salad w Italian  ¼ c **Peaches**  ¾ c Milk  ***Veg: Same*** |
| **PM SNACK** | 4 WG Ritz Crackers  ½ c **Peaches** | ½ c **Cucumbers** wVeggie Dip  ¾ oz WG Goldfish | 1 oz String Cheese  1 WG Tortilla (1 oz) | ½ c **Pears**  ¼ c Vanilla Yogurt | ½ c **Pineapple**  2 Squares Graham Crackers (½ oz) |
| **BREAKFAST** | 25  1/3 c WG Kix  ½ c **Peaches**  ¾ c Milk | 26  1 WG French Toast  ½ c **Apple Slices**  ¾ c Milk | 27  ½ Stuffed Mini Bagel  ½ c **Pineapple**  ¾ c Milk | 28  1/3 c Corn Flakes  ½ **Banana**  ¾ c Milk | 29  1 Egg Biscuit  *(1 oz WG Biscuit/1oz Egg Patty)*  ½ c **Pears**  ¾ c Milk |
| LUNCH | 1 Chicken Patty  *2 oz Chicken*  1 WG Bun  ¼ c **Three Bean Salad**  ¼ c **Tropical Fruit Salad**  ¾ c Milk  ***Veg: Black Bean Patty\* w Ketchup*** | Make Your Own Wrap  1 oz Turkey (2 Slices)  ½ oz Cheddar Cheese  1 WG Flour Tortilla  ¼ c **Spinach Salad** w Italian  ¼ c **Strawberries** (2ea)  ¾ c Milk  ***Veg: ½ Veggie Wrap (1 ½ oz Fresh Mozzarella and ½ oz Hummus)*** | 2 oz Meatloaf & Gravy  1 WG Wheat Roll  ¼ c Mashed Potatoes  ¼ c **Honeydew**  ¾ c Milk  ***Veg: Black Bean Patty\* w Ketchup*** | Asian  ¼ c Honey Glazed Chicken (1.5 oz meat)  ¼ c Brown Rice  ¼ c **Broccoli** w Ranch  ¼ c **Mandarin Oranges**  ¾ c Milk  ***Veg: 3 Honey Glazed Chickenless Nuggets*** | ¾ c Vegetarian Chili   * *3/8 c Beans*   1 oz Cornbread  ¼ c **Romaine Salad** w Italian  ¼ c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple)  ¾ c Milk  ***Veg: Same*** |
| **PM SNACK** | 4 **Orange Wedges**  1 Hard Boiled Egg | ½ c **Carrot Sticks** w Veggie Dip  4 WG Ritz Crackers | Make Your Own Parfait  1/8 c Nut-free Granola (½ oz)  ¼ c Fruited Yogurt | 1 oz String Cheese  ¾ oz WG Goldfish | ½ c **Peaches**  ¼ c Cottage Cheese |