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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **BREAKFAST** |  | 11 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 Cornbread¼ c **Romaine Salad** w Italian¼ c **Fresh Fruit Salad** (Honeydew, Cantaloupe, Pineapple)¾ c Milk***Veg: Same*** |
| **PM SNACK** | ½ c **Peaches**¼ c Cottage Cheese |
| **BREAKFAST** | 41/3 c WG Toasty Os ½ c **Peaches** ¾ c Milk | 51 WG Pancake / Applesauce Topping 1 oz½ c **Pineapple**¾ c Milk | 61 Hardboiled Egg1 WG Biscuit w PC Jelly½ c **Honeydew**¾ c Milk  | 71/3 c Corn Flakes ½ **Banana** ¾ c Milk | 8¼ c Scrambled Eggs1 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 Ranch¼ c **Cantaloupe**¾ c Milk ***Veg: Vegetarian Black Bean Burger\*w Ketchup*** | Thailand3/8 c Thai Basil Chicken ¼ c Basmati Rice ¼ c **Broccoli** and Bean Dip¼ c **Pears**¾ c Milk***Veg: 3/8 c Chickpeas*** | Make Your Own Joe¼ c Beef Sloppy Joe 1 WG Bun ¼ c Cole Slaw2 **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 Dip¾ oz WG Goldfish  | ¼ c Vanilla Yogurt½ c **Peaches**  | ¾ oz IW Cheddar 4 WG Ritz Crackers  |
| **BREAKFAST** | 11 1/3 c Crispy Rice ½ c **Pineapple**¾ c Milk | 12¼ c Oatmeal ½ c **Peaches**¾ c Milk | 13½ WG Bagel w Cream Cheese½ c **Pears**¾ c Milk | 141/3 c WG Kix ½ **Banana** ¾ c Milk | 15¼ c Scrambled Eggs1 WG Biscuit ½ c **Melon Salad**¾ c Milk |
| LUNCH | 3 Meatballs & Marinara Sauce¼ c WG Penne Pasta PC Parmesan Cheese¼ 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 Ranch2 **Oranges Wedges**¾ c Milk***Veg: Same*** |  3 oz WG Fish Fillet ¼ c Bolivian Rice ¼ c **Spinach Salad** w Italian¼ c **Strawberries** (2ea)¾ c Milk***Veg: 2 Mozzarella Cheese Sticks*** | Make Your Own Burrito¼ c Black Beans & 1/8 c Monterrey Cheese 1 - 6 in WW Tortilla PC Mild Salsa¼ c **Romaine**¼ c **Pineapple**¾ c Milk***Veg: Same*** |
| **PM SNACK** | ½ c **Mandarin Oranges**1 Hard Boiled Egg | ¾ oz IW Cheddar4 WG Ritz Crackers  | 2 Squares Graham Crackers ½ c **Cantaloupe**  | ½ c **Baby Carrots** w Veggie Dip1 oz String Cheese | Make Your Own Parfait1/8 c Nut-free Granola ½ oz ¼ c Fruited Yogurt  |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| **BREAKFAST** |  181/3 c WG Toasty Os ½ c **Pears**¾ c Milk |  192 French Toast Bites½ c **Cantaloupe**¾ c Milk  | 202 oz Yogurt1 Mini Muffin ½ c **Tropical Fruit Salad**¾ c Milk | 211/3 c Crispy Rice 4 **Orange Wedges**¾ c Milk | 221 Egg Omelet1 WG Biscuit ½ c **Fresh Fruit Salad**(Honeydew, Cantaloupe, Pineapple)¾ c Milk |
| LUNCH | Italian2 Chicken Tenders 2 oz PC Marinara Sauce1 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 Ranch¼ 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 Cornbread¼ cCole Slaw¼ c **Honeydew** ¾ c Milk***Veg: 3 Chickenless Nuggets\* w Ketchup*** | Make Your Own Taco¼ c Beef Taco Meat (1.5 oz meat)1 Tbsp Shredded Cheddar Cheese 1oz Hard Taco Shell ¼ c **Shredded Romaine** PC Salsa½ **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 Beans¼ 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 Dip¾ oz WG Goldfish  | 1 oz String Cheese1 WG Tortilla (1 oz) | ½ c **Pears**¼ c Vanilla Yogurt  | ½ c **Pineapple**2 Squares Graham Crackers (½ oz) |
| **BREAKFAST** | 251/3 c WG Kix ½ c **Peaches**¾ c Milk |  261 WG French Toast½ c **Apple Slices** ¾ c Milk | 27½ Stuffed Mini Bagel ½ c **Pineapple**¾ c Milk | 281/3 c Corn Flakes ½ **Banana** ¾ c Milk | 291 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 Wrap1 oz Turkey (2 Slices)½ oz Cheddar Cheese1 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 & Gravy1 WG Wheat Roll ¼ c Mashed Potatoes¼ c **Honeydew** ¾ c Milk***Veg: Black Bean Patty\* w Ketchup*** | Asian¼ c Honey Glazed Chicken (1.5 oz meat) ¼ c Brown Rice ¼ c **Broccoli** w Ranch¼ c **Mandarin Oranges**¾ c Milk***Veg: 3 Honey Glazed Chickenless Nuggets*** | ¾ c Vegetarian Chili * *3/8 c Beans*

1 oz Cornbread¼ c **Romaine Salad** w Italian¼ 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 Parfait1/8 c Nut-free Granola (½ oz)¼ c Fruited Yogurt  | 1 oz String Cheese¾ oz WG Goldfish | ½ c **Peaches**¼ c Cottage Cheese |