|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| LUNCH | **2**¼ c **WG** Spaghetti[G] & ½ c Meat Sauce [T] ¼ c **Green Beans**2 **Orange Wedges** EHS Mandarin Oranges ¾ c Milk [D]***Veg: ¼ Spaghetti [G]& ¾ c Black Beans & Sauce[T]1.5 oz m/ma*** | **3**¼ c Turkey Sloppy Joe [T][C] 1 oz **WG** Bun [G][S]¼ c **Creamed Spinach & Greens** [D][ G][S][C] ¼ c **Apple/**EHS Applesauce¾ c Milk [D]***Veg: ½ c* Bean Sloppy Joe (2 oz m/ma) #8 [T] [C** | **China****4**¼ c Stir Fried Beef La Choy[C] ¼ c **WG** Rice¼ c **Broccoli** & Ranch Dip [D][E][S] EHS Steamed Broccoli¼ c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)¾ c Milk [D]***Veg: ½ c Stir Fried Tofu [S][C] 2 oz m/ma*** | **5**2 oz Oven Fried Chicken Leg EHS 1 Chicken Tenders [G] [S][C]¼ c **Coins Carrots**1 oz Mini corn muffin [E][G][S][C]¼ c **Peaches** ¾ c Milk [D]***Veg: 3 Dr Praegers Chicken sub nuggets[E][G][S][C] 2 oz m/ma alt ½ cheese sandwich 4 oz yogurt* [D][G][C]*1 ½ oz m/ma*** | **6**½ c **WG** Macaroni & Cheese[D][E][G] [S][C] *¼ oz Cheese; ¼ c* ***WG*** *Noodles ½ oz*3/8 c Vegetarian **Baked Beans** [C]½ c **Spinach** Salad w Italian [S][C] EHS Steamed **Spinach** ¼ c **Watermelon**¾ c Milk [D]***Veg: Same*** |
| **9**½ c Arroz con Pollo [T]1 ½ oz m/ma with ¼ c Vegetables (Bell Pepper, Onion Tomatoes)¼ c **WG** Rice¼ c **Mandarin Oranges** ¾ c Milk [D]***Veg: 3 Dr Praegers Chicken sub nuggets[E][G][S][C] 2 oz m/ma con Pollo w Rice* ¼ c Vegetables (Bell Pepper, Onion Tomatoes) [T]** | **10**2oz Meatloaf [E][T][G][S] & Gravy [D][G][S][C]1oz **WG** Roll [G][S]¼ c **Broccoli** & RanchDip[D][E][S] EHS Steamed Broccoli¼ c Roasted Potatoes¾ c Milk [D]***Veg: ½ c Hummus ½ WG w Pita [G][S][C] (1 oz g) NO ROLL*** | **Asian** **11**2 oz Honey Glazed Chicken[S] ¼ c Asian **WG** Brown Rice [S]¼ c Stir Fried **Bok Choy** & **Carrots**¼ c **Cantaloupe**¾ c Milk [D]***Veg: 3 Honey Glazed Dr Praegers Chicken sub nuggets[E][G][S][C] 2 oz m/ma*** | **12**½ c Beef & **WG** Macaroni Pasta Bake [T] #8 *2 oz Beef, ¼ c* ***WG*** *Noodles*½ c **Field Green Salad** w Ranch [D][E][S] / EHS Cucumber Slices¼ c Honeydew¾ c Milk [D]***Veg: ½ c Macaroni and Cheese w 1 ½ oz Mozzarella Cheese Stick* [D][E][G] [S][C]*1 ¾ oz M/MA ¼ c WG Noodles ½ oz*** | **13**½ c **Bean** Burrito[T]¼ c Cilantro **WG** rice ¼ c Pico de Gallo [T]1 TBSP Cheese [D]¼ c **Fresh Fruit Salad** (Honeydew, **Cantaloupe**, Pineapple) ¾ c Milk [D]***Veg: Same*** |
| **16**½ c **Chili** [T][C]1 Mini Corn Muffin [E][G][S][C]¼ c **Spinach** or ½ c **Spinach Salad** Ranch D][E][S]¼ Pears ¾ c Milk [D]***Veg: ¾ c Vegetarian Chili [T][C]*** |  **Morocco 17**2 oz Moroccan Chicken [T] ¼ c Vegetables¼ c Curried Couscous¼ c **Cantaloupe** ¾ c Milk [D]***Veg: 3/8 c Moroccan Chickpea[T]s 1.5 oz m/ma*** |  **Swedish Lunch** **18**3 Swedish Meatballs[D][G][S] in Gravy [D][G][S][C]½ c **WG** Rice & **Beets**¼ c **Pineapple**¾ c Milk [D]***Veg: ½ c Vegetarian Baked Beans [C] 1.5 oz m/ma*** | **19**¾ c Chicken Alfredo with a **WG** Twist[D][G] ½ c **Shredded Kale** Salad with Italian [S][C]¼ c **Watermelon**¾ c Milk [D]***Ve: 3 Dr Praegers Chicken sub nuggets[E][G][S][C] 2 oz m/ma with Alfredo sauce and ¼ c WG Rotini*** | **20**1 Cheese Manicotti[D][E][G][C] w Tomato Basil Sauce [T]* *1 ½ oz Cheese, 2 oz* ***WG*** *Grain (2.75 oz)*

¼ c **Broccoli** w Veggie Dip[D]E][S][C]EHS Steamed Broccoli**¼ c Fresh Fruit Salad** Honeydew, **Cantaloupe**, Pineapple)¾ c Milk [D]***Veg: Same*** |
|  Japan **23**2 oz Teriyaki Chicken [T][S][C]¼ c **WG** Rice ¼ c Asian Succotash – (baby corn, lima beans, tomato) [T][C]¼ c Pineapple¾ c Milk [D]***Veg: 3 Dr Praegers Chicken sub nuggets[E][G][S][C] 2 oz m/ma w Teriyaki Sauce*** | **24**½ c Beef Picadillo #8 [T] 1 ½ oz m/ma¼ c **WG** Rice (½ oz Grain)½ c **Spinach Salad** w creamy Italian [S][C] / EHS 1/8 c Steamed **Spinach**¼ c **Pears**¾ c Milk [D]***Veg: ½ c Bean Piccadillo[T] 1.5 oz m/ma*** |  **Breakfast for Lunch 25**3 Turkey Sausage Bites 2 **WG** Pancake[E][G][S][C][D] w Lite Syrup¼ c **Creamed Spinach &Greens** [D][G][S][C]¼ c **Tropical Fruit Salad** (Pineapple. **Papaya**, **Guava**)¾ c Milk [D]***Veg: ½ c Yogurt [D][C]1 oz m/ma & 1 oz String Cheese[D] 1 oz m/ma and pancakes, greens, fruit*** | **26**2 oz Beef Patty[S] 1 **WG** Bun ¼ c Glazed **Carrots** [C]¼ c **Cantaloupe**¾ c Milk [D]***Veg ½ c Barbecue Kidney Beans [C](2 oz m/ma)½ WG w Pita (1 oz g)*** | **27**5/8 c Seasoned **Red Beans** [T & **WG** Rice* 3*/8 c* ***Beans****; ¼ c Rice*

¼ c **Broccoli** w Italian Dressing [S][C]½ Apple¾ c Milk [D***Veg: Same*** |
| **30**¼ c **WG** Spaghetti[G] & ½ c Meat Sauce [T] ¼ c **Green Beans**2 **Orange Wedges** EHS Mandarin Oranges ¾ c Milk [D]***Veg: ¼ Spaghetti [G]& ¾ c Black Beans & Sauce[T]1.5 oz m/ma*** | **31**¼ c Turkey Sloppy Joe [T][C] 1 oz **WG** Bun [G][S]¼ c **Creamed Spinach & Greens** [D][ G][S][C] ¼ c **Apple/**EHS Applesauce¾ c Milk [D]***Veg: ½ c* Bean Sloppy Joe (2 oz m/ma) #8 [T] [C** |  |