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| 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 Applesauce  ¾ 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** Rice  ¼ c **Broccoli** & Ranch Dip [D][E][S] EHS Steamed Broccoli  ¼ 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** Rice  ¼ 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 Broccoli  ¼ c Roasted Potatoes  ¾ 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 Slices  ¼ c Honeydew  ¾ 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 Vegetables  ¼ c Curried Couscous  ¼ 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 Pineapple  ¾ 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/ma  ¼ 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 Syrup  ¼ 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 Apple  ¾ 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 Applesauce  ¾ c Milk [D]  ***Veg: ½ c* Bean Sloppy Joe (2 oz m/ma) #8 [T] [C** |  | | | | |