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| MONDAY | | TUESDAY | | WEDNESDAY | THURSDAY | FRIDAY |
| LUNCH |  | | | ***Make Your Own Wrap* 1**  1 oz Turkey (2 slices) [C]  2 tbsp Hummus [SE]  ½ oz Cheddar Cheese [D]  1 **WG** Flour Tortilla [G] [C]  ½ c **Tossed Salad** w/ Ranch[D] [E] [S] ***EHS: ¼ c Broccoli***  ¼ c **Fresh Fruit Salad**  ¾ c Milk [D]  ***Veg: 1/8 c Hummus Wrap*** [SE] ***w 1 oz Fresh Mozarella Cheese***[D] | **2**  2 Chicken Tenders [G] [S] w Honey Mustard  1 **WG** Cornbread [G] [C] [E] [S] [D]  1/4 C Coleslaw [S] [C] [E]  ***EHS: Cooked Carrots***  ¼ c **Apple Slices** ***EHS: Applesauce***  ¾ c Milk [D]  ***Veg: 3 Vegetarian Nuggets* [**S] [G] [C] | **3**  ½ c Macaroni & Cheese[D] [G] [S] [E] [C]  *(2 oz M/MA, ¼ c wg noodles ½ oz)*  1 String Cheese[D]  ¼ c Peas  ¼ c **Fruit Mix cocktail**  ¾ c Milk [D]  ***Veg: Same*** |
| **6**  ½ c Beef Vegetable Lomein  (1/4 c Stir Fried Asian Vegetables [S] ,1/4 c Beef)  ¼ c Lomain Noodles [G] [S]  ¼ c **Mandarin Oranges**  ¾ c Milk [D]  ***Veg: ½ c Vegetable Lomein*** [S] ***1 String Cheese***[D] | **7**  4 Chicken Nuggets [G] [S]  1 **WG** Roll (1 oz) [G] [S] [C]  ¼ c **Corn** [C]  ¼ c **Pears**  ¾ c Milk [D]  ***Veg: 3 Vegetarian Nuggets*** **[**S] [G] [C] | | **8**  2 oz Fish Fillet [G] [S] C] [D]  1 **WG** Biscuit [G] [C]  ¼ c Coleslaw [S] [C] [E]  ***EHS: Steamed Carrots w Ranch***[D] [E] [S  **¼** c **Tropical Fruit Salad**  ¾ c Milk [D]  ***Veg: 2 Vegan Fish*** | **9**  ½ c Chicken Spaghetti [G][D] [S]  *( 2oz Chicken and ¼ c Noodles)*  ½ c **Spinach with Italian** [S] [C] ***EHS: Steamed Spinach***  ¼ c **Fresh Fruit Salad**  ¾ c Milk [D]  ***Veg: 1/2 c Cheesy Spaghetti*** [G] [D] ***1 String Cheese***[D | ***Make Your Own Burrito****:* **10**  ¼ c Black Beans [T]  ⅛ c Shredded Monterey Cheese [D]  1 6 in **WG** Tortilla [G] [C]  ½ c Shredded **Romaine**  ¼ c  **Peaches**  ¾ c Milk [D]  ***Veg: Same*** |
| **13**  2 oz Oven Fried Chicken Legs [G] [S] [C] ***EHS: 4 Nuggets***  1 oz **WG** Dinner Roll [G] [S] [C]  ¼ c Green Beans  ¼ c **Apple Slices**  ***EHS: Applesauce***  ¾ c Milk [D]  ***Veg: 3 Vegetarian Nuggets*** [G] [S] | ***Make Your Own Taco* 14**  ¼ c Beef Taco Meat [T] [S]  ½ c **Shredded** **Lettuce**  2 TBSP Shredded Cheddar Cheese [D]  1 oz **WG** Tortilla [G] [C]  ¼ c Diced Melon Salad  ¾ c Milk [D]  ***Veg: 3/8 c Black Beans*** [T] | | **15**  4 Cheese Ravioli [D] [E] [G] [T] w Marinara Sauce [T] [S]  ¼ c Peas  1 oz **WG** Roll [G] [S] [C]  ¼ c **Pineapple**  ¾ c Milk [D]  ***Veg: Same*** | **16**  2 oz Tuna Salad [E]  1 Slider WG Bread [G]  ¼ c **Broccoli** w Italian [S] [C] ***EHS: Steamed Broccoli***  2 **Orange Wedges** ***EHS: Mandarin Oranges***  ¾ c Milk [D]  ***Veg: 2 oz Fresh Mozzarella Cheese*** | **17**  ½ c Macaroni & Cheese [G] [S] [D] [E] [C] *(2 oz M/MA, ¼ c wg noodles ½ oz)*  3/8 c Vegetarian Baked Bean [C]  ½ c **Tossed Salad** w/ Ranch[D] [E] [S]  ***EHS: Cooked Cauliflower***  **¼** c Diced **Cantaloupe**  ¾ c Milk [D]  ***Veg: Same*** |
| **20**  https://www.pngall.com/wp-content/uploads/2/Presidents-Day-PNG-Image-HD.png | ***Make Your Own Bowl* 21**  ¼ c Popcorn Chicken (2oz) [G] [S]  ¼ c Mashed Potatoes  1 oz WG Dinner Roll [G] [S] [C]  ¼ c Diced **Honeydew**  ¾ c Milk [D]  ***Veg: 3 Vegetarian Nuggets*** [S] [G] [C] | | ***Penne Meatballs* 22**  3 Meatballs[D] [G] [S] w Marinara Sauce[T]  ¼ c WG Penne Pasta [G]  ¼ c Spinach w Ranch[D] [E] [S ***EHS: Steamed Spinach***  ¼ c **Apple Slices** ***EHS: Applesauce***  ¾ c Milk [D]  ***Veg: ½ c Penne [G[with Cheese*** | **23**  ½ c Chicken Curry Casserole [S] [D]  1 oz Flatbread [G] [C]  ¼ c **Mixed Vegetables**  ¼ c **Fresh Fruit Salad**  ¾ c Milk [D]  ***Veg: Southwest Tofu Scrambled*** [S] ***/ Yogurt*** [D] | ***Make Your Own Pizza* 24**  1 oz English Muffin [G] [C]  2 oz Shredded Mozzarella Cheese [D]  ¼ c Marinara Sauce [T]  ¼ c Parmesan Roasted **Broccoli** [D]  2 **Orange Wedges** ***EHS: Mandarin Oranges***  ¾ c Milk [D]  ***Veg: Same*** |
| **27**  3 CN Chicken Patty Sandwich [S] [G] w/ Cheddar Cheese [D]  1 oz **WG** Bun [S] [G]  ¼ c **Green Beans**  ¼ c **Applesauce**  ¾ c Milk [D]  ***Veg: 3 Vegetarian Nuggets***  [S] [G] [C] | **28**  ¾ c Cuban Black Bean Rice [T]  (#6 scoop- black beans, #8 scoop- rice)  ¼ c Brown Rice  ¼ c Field Green Salad w Italian [S] [C]  ***EHS: Steamed Baby Carrots***  ¼ c Diced Honeydew  ¾ c Milk [D]  ***Veg: Same*** |  | | | |