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