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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
| BREAKFAST |  | 11 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 | 41/3 c WG Hospitality Toasty Os [G][C]½ c **Peaches** ¾ c Milk [D] | 51 WG Pancake [D][E][G][S] / Applesauce Topping 1 oz½ c **Pineapple**¾ c Milk [D] | 61 Hardboiled Egg [E]1 WG Biscuit [D][G][C] Jelly [C]½ c **Honeydew**¾ c Milk [D] | 71/3 c Corn Flakes [G][S][C]½ **Banana** ¾ c Milk [D] | 8¼ 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] | Thailand3/8 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 Joe¼ 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][C¼ 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 | 111/3 c Crispy Rice [C] ½ c **Pineapple**¾ c Milk [D] | 12¼ c Oatmeal ½ c **Peaches**¾ c Milk [D] | 13½ WG Bagel [G][S][C] w Cream Cheese [D]½ c **Pears**¾ c Milk [D] | 141/3 c WG Kix [C]½ **Banana** ¾ c Milk [D] | 15¼ 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 Burrito¼ 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][S1 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 | 181/3 c WG Toasty Os [G][C]½ c **Pears**¾ c Milk [D] | 192 French Toast Bites [D][G][S][C]½ c Cantaloupe¾ c Milk [D] | 202 oz Yogurt [D]1 Mini Muffin [D][E][G][S][C] ½ c **Tropical Fruit Salad**¾ c Milk [D] | 211/3 c Crispy Rice [C]4 **Orange Wedges**¾ c Milk [D] | 221 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 | Italian2 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 Diced¾ c Milk [D] | Make Your Own Taco¼ 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 Beans¼ 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 | 251/3 c WG Kix [C] ½ c **Peaches**¾ c Milk [D] | 261 WG French Toast[D][E][G][S][C]½ c **Apple Slices** ¾ c Milk [D] | 27½ Stuffed Mini Bagel[D][G][S][C] ½ c **Pineapple**¾ c Milk [D] | 281/3 c Corn Flakes [G][S][C]½ **Banana** ¾ c Milk [D] | 291 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 Wrap1 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] | Asian¼ 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] |