

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST					3 oz WG Bran Muffin Butter 1 ½ c Yogurt ½ c 100% Cran-Apple 1 c Melon Salad ½ Pint Milk
Hot Lunch					3 oz Baked Cajun Fish (3 oz m/ma) ½ c Rice Pilaf ½ c Broccoli ½ c Carrots ½ c Strawberries 1 c Milk <i>Veg: 3 oz sliced Cheeses</i>
Cold Lunch					8 oz Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Italian Tomato Salad 1 c Field Greens Salad w Italian ½ c Fresh Fruit Salad 1 c Milk <i>Veg: Same</i>
PM SNACK					1 Blueberry Muffin ½ c Apricots
BREAKFAST	Hot 4 ½ c WG Oatmeal ½ WG English Muffin butter 1 oz LS Turkey Spam alt Cheddar cheese 1 c Diced Peaches ½ c Pineapple Juice ½ Pint Milk	5 2 oz WG Bagel 1 oz Swiss Cheese butter ½ c Orange Juice 1 c Fruit Salad ½ Pint Milk	6 ¾ c WG Bran Flakes 1 oz WG Toast Butter 1 TBSP Peanut Butter ½ c Cran Apple Juice 1 medium Banana, ¼ c raisins ½ Pint Milk	Hot waffle & chicken 7 2 Chicken Tenders 2 WG Waffles (2.28 oz) Syrup 1 c Pears ½ c Prune Juice ½ Pint Milk	3 oz WG Blueberry Muffin w Butter 8 ½ c Yogurt ½ c Apple Juice 1 c Cantaloupe ½ Pint Milk
Hot Lunch	3 oz Chicken & Gravy 1 c Stuffing ¾ c Cabbage ¾ c Pear 1 c Milk <i>Veg: 3 oz Vegetarian Patty</i>	1 c Broccoli, Cheese & Rice Casserole (1/3 cup (No. 12 scoop) provides 0.5 oz meat/meat alternate, 1/4 cup of dark leafy green vegetable, and 0.25 oz grain equivalent) 1 oz WG Roll w Butter ½ c Broccoli ½ c Peas & Carrots ½ c Pineapple 1 c Milk <i>Veg: Same</i>	Korean Beef over Quinoa ½ c Quinoa, 1/3 c beef 1 oz grain 3 oz m/ma 1 oz WG Roll w Butter ½ c Broccoli ½ c Sweet Potato ½ c Cantaloupe 1 c Milk <i>Veg: 1 c Hummus w 1 WG Pita 2 oz or Vegetarian Black Bean Burger* w Ketchup</i>	3 oz Oven Fried Chicken Breast 2 oz Corn Muffin w/ butter ½ c Pickled Beets ½ c Baked Beans ½ c Applesauce 1 c Milk <i>Veg: 2 oz chick strips</i>	3 oz Grilled Pollock ½ c Red Roasted Potatoes Wedges 1 oz WG Bun ½ c Steamed Kale ½ c Carrots ½ c Melon Salad 1 c Milk <i>Veg: 3 oz Chicx Strips</i>
Cold Lunch	1 ½ c Tropical Bean Salad 2.25 m/ma (w lettuce) 5/8 c veg 3/8 c Fruit 2 (1 oz) WW Bread Butter 1 c Lettuce ½ c Tropical Fruit Salad 1 c Milk <i>Veg: Same</i>	3 oz Roast Beef 2 oz WW Roll 1 C Spinach Salad ½ c Coleslaw 1 PC Mayo 1 Banana 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Tomato & Balsamic Vinaigrette</i>	1 ½ c 5 a day Salad 1 c Spinach/Kale, ½ c other Herb Vinaigrette 3 oz Sliced Turkey 2 oz WG Roll 1 PC Mayo ½ c Grapes 1 c Milk <i>Veg: 1 oz cheese, 2 eggs</i>	3 oz Asian Chicken Salad 2 oz WG Roll w butter 1 c Asian Cucumber Salad ½ c Mandarin Oranges 1 c Milk <i>Veg: 3 oz Chicks Strips</i>	½ c Cottage Cheese 2 oz m/ma 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Peach Cobbler ¾ c Lentil Salad ½ c Apricots 1 c Milk <i>Vegetarian: Same</i>

PM SNACK	½ c Mixed Berries ½ c Cottage Cheese	½ c Fruited Yogurt 1 oz WG Granola	1 WG Biscuit w Jelly ½ c Pineapple Tidbits	½ c Peaches 1 Muffin	2 String Cheese 8 WG Ritz Crackers
MONDAY		TUESDAY		WEDNESDAY	
BREAKFAST	Hot Sunshine Taco 11 ¼ c Egg & Cheese, 6 inch WG Flour Tortilla 1 oz WG Toast Butter ½ c Tomato Juice 1 c Tropical Fruit Salad Pineapple Papaya Guava ½ Pint Milk	Yogurt Bowl ** 12 ½ c Plain Yogurt 1 oz m/ma ½ c WG Granola 2 oz 1 c Fresh Fruit Salad (Honeydew, Cantaloupe , Pineapple) ½ c Orange Juice ½ Pint Milk	¾ c WG Kix Cereal 13 1 oz WG Toast 1 TBSP Almond Butter 1 Medium Banana ½ c Apple Slices alt 1 c Applesauce ½ Pint Milk	Hot 14 2 WG French Toast (2 oz) Syrup 1 oz LS Turkey Sausage 1 c Diced Pears ½ c Grape Juice ½ Pint Milk	2 oz WG Biscuit Honey & Butter 15 ½ c Yogurt 1 c Cantaloupe ½ c Cranberry Juice ½ Pint Milk
	Hot Lunch				
	Cold Lunch				
	PM SNACK				
	Hot Lunch				
BREAKFAST	Hot Cheesy Grits 18 ½ c Hot Grits ¼ c Shredded Cheddar ½ WG English Muffin (1 oz WG) w/ PC Jelly 1 c Melon Salad ½ c Pineapple Juice ½ Pint Milk	¾ c WG Crispy Rice Cereal 19 1 oz WG Toast butter 1 TBSP Almond Butter 1 medium Banana ½ c Orange Juice ½ Pint Milk	¾ c WG Chex Cereal 20 1 oz WG Toast butter 1 oz Cheddar Cheese 1 c Fruit Cocktail ½ c Cran-Apple Juice ½ Pint Milk	Hot 21 1 c Roasted Potatoes & Turkey Hash 1 WG English Muffin Butter ¼ c steamed greens ½ c Apple Juice ½ Pint Milk	2 oz WG Biscuit Butter and Jelly 22 ½ Yogurt 1 c Honeydew ½ c Grape Juice ½ Pint Milk
	Hot Lunch				
	Cold Lunch				
	PM SNACK				
	Hot Lunch				
BREAKFAST	2 Oven Fried Chicken Legs 3 oz 2 oz WG Corn Muffin w Butter ½ c Garlic Green Bean ½ c Creole Style Black Eyed Peas ¾ c Cherry Cobbler 1 c Milk Veg: 3 oz Chicks Tenders 1 ¼ c	Meatloaf 2 1/2 oz equivalent meal/meat alternate 2 oz WG Roll w Butter ½ c Green ½ c Pimento Corn ½ c Baked Apple/Applesauce 1 c Milk Veg: 3 oz Chicks Strips	1 ¼ c Vegetarian Lasagna 3ozm/ma, ½ c noodles (1 oz grain) 1 oz Garlic Bread 1 c Broccoli & Cauliflower ½ c Tangerine 1 c Milk Veg: Same	3 oz Chicken in Orange Sauce 1 c WG Rice ½ c Stir Fry Vegetables ½ c Cauliflower ½ c Pineapple 1 c Milk Veg: 3 oz chix strips in orange sauce	1 ¼ c Macaroni & Cheese 1 ½ oz Cheese, 1 c noodles 7.1 oz ½ c Vegetarian Baked Beans 2 oz m/ma ½ c Cucumber Salad ½ c Stewed Tomatoes ½ c Grapes 1 c Milk Veg: Same
	Hot Lunch				
	Cold Lunch				
	PM SNACK				
	Hot Lunch				
BREAKFAST	2 oz Roast Beef 1 oz Cheese 2 SI WW Bread ½ c Cole Slaw ½ c Italian Tomato Salad 1 PC Mayo ½ c Peaches 1 c Milk Veg: 1 Black Bean Powerhouse	3 oz Grilled Chicken 2 oz WW Bun ½ C Red & Green Pepper Strips ½ C Mixed Bean Salad 1 PC Mayo 1 Banana 1 C Milk Veg: 3 oz Egg Salad	1 c Pesto Pasta Salad 2 oz Grain 3 oz Chicken 1 c Field Greens w Italian ½ c Fruit Salad ½ c Cucumber Vinaigrette 1 c Milk Veg: Same w/ 3 oz cheese	2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato ½ c Black Bean Salad 1 PC Mayo 1 Banana 1 c Milk Veg: 3 oz Egg Salad	1 Powerhouse Wrap ¾ c Black Beans, 2 WW Tortilla (6 in 2.6 oz) 1 c Tossed Green Salad w Italian ½ c Honeydew ½ c Broccoli Salad 1 c Milk Veg: Same
	Hot Lunch				
	Cold Lunch				
	PM SNACK				
	Hot Lunch				

PM SNACK	½ WG English Muffin 2 TBSP Sunbutter	½ c Pineapple Tidbits 1 oz WG Goldfish	2 IW Cheddar Cheese 8 WG Ritz Crackers	.9 oz Mini Muffin ½ c Tropical Fruit Salad Pineapple Papaya	½ c Vanilla Yogurt ½ c Pears
MONDAY		TUESDAY		WEDNESDAY	
BREAKFAST	Hot 25 2 WG Waffles & Syrup 1 oz LS Turkey Sausage 1 c Pears ½ c Pineapple Juice ½ Pint Milk	26 ¾ c WG Bran Flake Cereal 1 oz WG Toast butter 1 TBSP Peanut Butter 1 c Fruit Cocktail 1 medium Banana ½ Pint Milk	27 MYO Parfait 8 oz Fruited Yogurt ½ c Nut free Granola 1 c Mixed Berries ½ c Cran-Apple Juice ½ Pint Milk	Hot 28 ½ c Cream of Wheat w ¼ c Cheddar Cheese 1 oz WG Toast w Butter ½ c Cran-Apple Juice 1 c Apple Slices 1 c Milk	29 2 oz WG Blueberry Muffin ½ c Yogurt 1 c Honeydew ½ c Grape Juice ½ Pint Milk
Hot Lunch	2 Oven Fried Chicken Legs 3 oz 2 oz WG Biscuit w Butter ½ c Roasted Cauliflower ½ c Black Eyed Peas 1 Apple Slices 1 c Milk <i>Veg: 3 oz Vegan Nuggets</i>	1 Stuffed Pepper 3 oz m/ma, ½ c WG Rice 1 oz ½ c Green Pepper 1 oz WG Biscuit w Butter ½ c Zucchini ½ c Peaches 1 c Milk <i>Veg: ¾ c Soy Protein in Pepper</i>	4 oz Turkey Burger with Tzatziki 3 oz m/ma, ½ c vegetable 1 (2.5 oz) WG Pita ½ c Seasoned Green Beans ½ c Berries 1 c Milk <i>Vegetarian: ¾ c Seasoned Lentils</i>	1 c Arroz con Pollo 2 tenderloin 3 oz m/ma ½ c Vegetables (bell pepper onion tomato) ½ c WG Rice 1 oz WG Roll w butter ½ c Red Beans ½ c Apricot 1 c Milk <i>Veg: Vegan Arroz con Pollo</i>	3 oz Baked Cajun Fish (3 oz m/ma) ½ c Rice Pilaf ½ c Broccoli ½ c Carrots ½ c Strawberries 1 c Milk <i>Veg: 3 oz sliced Cheeses</i>
Cold Lunch	Beef Caesar Salad 3 oz Beef strips 2 oz WG Roll 1 c Caesar Salad field greens salad ½ c Green & Red Pepper Strips 1 Clementine Orange 1 c Milk <i>Veg: 2 oz chicx strips</i>	2 oz Turkey 1 oz Cheese 2 WW Bread 2 oz ½ c Lettuce ¼ c Tomato 1 PC Mayo ½ c Mediterranean Chickpea Salad 1 Banana 1 c Milk <i>Veg: ½ c Fresh Mozzarella, Cucumbers, Lett. & Tom. & Balsamic Vinaigrette</i>	Spinach Strawberry Feta Salad (2 oz grain equivalent, 3 oz meat/meat alternate, 1/2 cup dark leafy green vegetable) 3oz Chicken Breast 2 oz WG Roll ½ c Beet Salad ½ c Mango 1 c Milk <i>Veg: 3 oz Chicx Strips</i>	3 oz Egg Salad 2 oz WG Roll ½ c Marinated Vegetable Salad ½ c Cucumber Salad ½ c Cantaloupe 1 c Milk <i>Veg: Same</i>	8 oz Yogurt 1 oz String Cheese 2 oz WG Blueberry Muffin ½ c Italian Tomato Salad 1 c Field Greens Salad w Italian ½ c Fresh Fruit Salad 1 c Milk <i>Veg: Same</i>
PM SNACK	1 oz Cheddar Cheese .9 oz Mini Muffin	4 Squares Graham Crackers ½ c Tootie Fruity Chip Dip	1 oz Turkey on a 1 oz WG slider bun	½ c Cantaloupe 4 oz Vanilla Yogurt	¼ c Pimento Cheddar Cheese 1 ½ oz m/ma 1 oz WW Bread