



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>		1 1 WG French Toast w Lite Syrup ½ c <b>Sliced Apples</b> ¾ c Milk	2 ½ Stuffed Mini Bagel ½ c <b>Pineapple</b> ¾ c Milk	3 1/3 c Corn Flakes ½ <b>Banana</b> ¾ c Milk	4 1 WG Pancake w Lite Syrup ½ c Grape Juice ¾ c Milk
<b>LUNCH</b>		<u>Make Your Own Wrap</u> 1 oz Turkey (1 Slice) ½ oz Cheddar Cheese 1 Flour Tortilla ¼ c <b>Fresh Baby Spinach</b> w Italian ¼ c <b>Pears</b> ¾ c Milk <i>Veg: Veggie Wrap (1 ½ oz Fresh Mozzarella and 1/2 oz Hummus)</i>	5/8 c Red Velvet Chili • 3/8 c <i>beef and beans</i> , ¼ c <i>beets</i> ½ WW Pita ¼ c <b>Cantaloupe</b> ¾ c Milk <i>Veg: 5/8 c Vegetarian Red Velvet Chili</i>	<u>Asian</u> 2 oz Honey Glazed Chicken ¼ c Jasmine Rice ¼ c Stir Fried, Carrots & Baby Corn ¼ c <b>Mandarin Oranges</b> ¾ c Milk <i>Veg: 3/8 c Honey Glazed Chickenless Strips</i>	1 Cheese Manicotti (2.75oz) <small>1 ½ oz cheese 2 oz grain</small> ¼ c <b>Broccoli w Ranch</b> ¼ c <b>Fresh Fruit Cup</b> (Honeydew, Cantaloupe, Mango, Pineapple) ¾ c Milk <i>Veg: Same</i>
<b>PM SNACK</b>		½ c <b>Carrot Sticks</b> w/Veggie Dip ¾ oz Cheddar Cheese (IW)	2 Graham Crackers ½ c Fruited Yogurt	½ oz String Cheese 4 Ritz Crackers	½ Pears ½ W Bagel & Cream Cheese
<b>BREAKFAST</b>	7 1/3 c Kix ½ c <b>Mango</b> ¾ c Milk	8 1 WG Pancake w Lite Syrup ½ c <b>Honeydew</b> ¾ c Milk	9 ½ Bagel w Cream Cheese ½ c <b>Mandarin Oranges</b> ¾ c Milk	10 1/3 c Rice Krispies ½ <b>Banana</b> ¾ c Milk	11 2 French Toast Stix w Lite Syrup ½ c <b>Cantaloupe</b> ¾ c Milk
<b>LUNCH</b>	<u>Make Your Own Boat</u> ¼ c Tuna Fish ½ Slice Cheddar Cheese 1 WW Hot Dog Bun ¼ c <b>Carrot Sticks</b> ¼ c <b>Pears</b> ¾ c Milk <i>Veg: Same Alt. 3/8 c White Bean Salad</i>	<u>Japan</u> 2 oz Teriyaki Chicken ¼ c Brown Rice ¼ c Asian Succotash – baby corn, lima beans, <b>tomato</b> ¼ c <b>Pineapple</b> ¾ c Milk <i>Veg: 3/8 c Chickenless Strips w Teriyaki Sauce</i>	2oz Meatloaf & Gravy 1oz Whole Grain Roll ¼ c <b>Roasted, Diced Potatoes</b> ¼ c <b>Mango</b> ¾ c Milk <i>Veg: 4 oz Meatless Beef Patty &amp; Gravy</i>	<u>Morocco</u> 2 oz Moroccan Chicken ¼ c Pearled Couscous ¼ c <b>Broccoli Florets</b> & Veggie Dip ¼ c <b>Peaches</b> ¾ c Milk <i>Veg: 3/8 c Moroccan Chickenless Strips</i>	5/8 c Seasoned Red Beans and Rice • 3/8 c <i>Beans</i> ; ¼ c <i>Rice</i> ¼ c <b>Spinach Salad</b> w Italian Dressing ½ <b>Apple</b> ¾ c Milk <i>Veg: Same</i>
<b>PM SNACK</b>	½ c <b>Peaches</b> ¼ c Fruited Yogurt	½ c <b>Celery Sticks</b> /Veggie Dip 4 Ritz Crackers	1 oz String Cheese ½ oz Tortilla	2 Graham Crackers ½ c <b>Pineapple</b>	2 Oatmeal Cookies ¼ c Vanilla Yogurt
<b>BREAKFAST</b>	14 1/3 c Cheerios ½ c <b>Peaches</b> ¾ c Milk	15 1 Egg Biscuit <small>(1 oz Biscuit/1oz Egg Patty)</small> ½ c Applesauce ¾ c Milk	16 ½ Stuffed Mini Bagel ½ c Apricots ¾ c Milk	17 1/3 c Corn Flakes ½ <b>Banana</b> ¾ c Milk	18 1 WG Pancake w lite Syrup ½ c Orange Juice ¾ c Milk
<b>LUNCH</b>	2 oz Oven Baked Chicken Leg 1 oz Wheat Roll ¼ c Glazed Carrots ¼ c <b>Pineapple</b> ¾ c Milk <i>Veg: 3 Chickenless Tenders w ketchup</i>	2 oz Hamburger Patty w Ketchup 1 WG Bun ¼ c <b>Spinach Salad</b> w Ranch ¼ c Mix Fruit ¾ c Milk <i>Veg: 4 oz Black Bean Burger</i>	<u>Thailand</u> 2 oz Thai Basil Chicken ¼ c Basmati Rice ¼ c Corn ¼ c <b>Pears</b> ¾ c Milk <i>Veg: 3/8 c Meatless Chicken Strips w Thai Basil Sauce</i>	<u>Make Your Own Joe</u> 3/8 c Beef Sloppy Joe 1 WW Bun ¼ c <b>Green Beans</b> ¼ c <b>Apple</b> ¾ c Milk <i>Veg: 3/8 c Meatless Sloppy Joe</i>	¾ c Vegetarian Chili • 3/8 c <i>beans</i> ; ¼ c <i>tomatoes, onions and corn</i> 1 oz Cornbread ¼ c <b>Romaine Salad</b> w Lite Italian ¼ c <b>Fresh Fruit Cup</b> (Honeydew, Cantaloupe, Mango, Pineapple) ¾ c Milk <i>Veg: Same</i>
<b>PM SNACK</b>	½ c <b>Pears</b> 2 Graham Crackers	½ c Cucumbers w/Honey Mustard Dip ¾ oz WG Goldfish	1 oz Mini Muffin ½ c <b>Mandarin Oranges</b>	¼ c Vanilla Yogurt ½ c <b>Peaches</b>	¾ oz IW Cheddar 4 Ritz Crackers



<b>BREAKFAST</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>
	1/3 c Rice Krispies ½ c <b>Pineapple</b> ¾ c Milk	1 Egg Biscuit <i>(1 oz Biscuit/1oz Egg Patty)</i> ½ c <b>Cantaloupe</b> ¾ c Milk	½ Bagel w Cream Cheese ½ c Pears ¾ c Milk	1/3 c Cheerios ½ <b>Banana</b> ¾ c Milk	1 WG Pancake w lite Syrup ½ c <b>Melon Salad</b> ¾ c Milk
<b>LUNCH</b>	<u>Make Your Own Sub</u> 3 Meatballs , ¼ c Marinara Sauce 1 Tbsp Cheese 1 WW Hot Dog Bun ¼ c <b>Spinach Salad</b> w Italian ½ <b>Apple</b> ¾ c Milk  <i>Veg: 3 Meatless meatballs w Marinara Sauce</i>	<u>Mediterranean</u> 2oz Chicken Strips ½ WW Pita 1 Persian Yogurt Sauce ¼ c <b>Romaine Lettuce</b> w Lite Italian 2 <b>Oranges Wedges</b> ¾ c Milk  <i>Veg: 3/8 c Chichenless Strips</i>	2 oz Barbecue Beef 1 Potato Roll ¼ c <b>Honey Roasted Potatoes</b> ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: 3/8 c Meatless Sloppy Joe</i>	2 oz Fish Fillet w Ketchup ¼ c Bolivian Rice ¼ c <b>Petite Broccoli</b> with Ranch ¼ c <b>Honeydew</b> ¾ c Milk  <i>Veg: Same Alt. 3 oz Fishless Filet</i>	½ WG Cheese Enchilada <i>½ oz grain, 3/8 oz Cheese</i> 3/8 c Stewed Pinto Bean ¼ c <b>Carrot Sticks</b> w Veggie Dip ¼ c <b>Mango</b> ¾ c Milk  <i>Veg: Same</i>
<b>PM SNACK</b>	½ c Tropical Fruit ½ oz Teddy Grahams	½ c <b>Carrots</b> & Yogurt Dip 1 oz String Cheese	2 Graham Crackers ½ c <b>Peaches</b>	¾ oz IW Cheddar Cheese 4 Ritz Crackers	2 Oatmeal Cookies ¼ c Fruited Yogurt
<b>BREAKFAST</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	
	1/3 c Corn Flakes ½ c <b>Pears</b> ¾ c Milk	2 French toast Stix w Lite ½ c Orange Juice ¾ c Milk	½ Stuffed Mini Bagel ½ c <b>Mango</b> ¾ c Milk	1/3 c Kix 4 <b>Orange Wedges</b> ¾ c Milk	
<b>LUNCH</b>	<u>Italian</u> ½ c Chicken Patty Cacciatore <i>2 oz Chicken ¼ c Sauce</i> 1 WG Breadstick ¼ c <b>Corn</b> ½ <b>Apple</b> ¾ c Milk  <i>Veg: 3 oz Chickenless Patty Cacciatore</i>	<u>Make Your Own Taco Salad</u> ¼ c Beef Taco Meat 1 Tbsp Shredded Cheddar Cheese 1oz Baked Tostado Chips ¼ c <b>Shredded Romaine</b> & Tomato ¼ c <b>Pineapple</b> ¾ c Milk  <i>Veg: 3/8 c Back Beans</i>	2 oz Oven Fried Chicken Leg 1 oz Cornbread ¼ c <b>Candied Sweet Potatoes</b> ¼ c <b>Honeydew</b> ¾ c Milk  <i>Veg: 3 Chickenless Tenders</i>	¾ c Beef Stew <i>• 2 oz beef, ¼ c carrots, potatoes, peas</i> ¼ c Noodles ½ <b>Banana</b> ¾ c Milk  <i>Veg: ¾ c Meatless Beef Stew</i>	
<b>PM SNACK</b>	1 oz Mini Muffin ½ c <b>Peaches</b>	½ c <b>Broccoli</b> w/Honey Mustard Dip ½ oz WG Goldfish	1 oz String Cheese ½ oz Flour Tortilla	½ c <b>Cantaloupe</b> ¼ c Vanilla Yogurt	