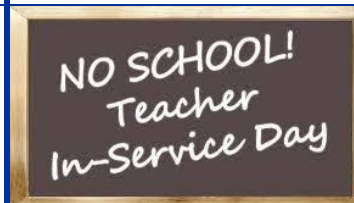


MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST LUNCH PM SNACK	1 	2 ¼ c Scrambled Eggs 1 <b>WG</b> Waffle Flatbread (1.1 oz) ½ c <b>Peaches</b> ¾ c Milk	2 1 Beef Patty w Ketchup 1 WG Bun ¼ c <b>Collard Greens</b> ¼ c <b>Tropical Fruit Salad</b> ¾ c Milk <hr/> 1 <b>Nutri Grain Bar</b> ½ c milk	3 1 <b>WG</b> Scooters Cereal (1 oz) ½ <b>Banana</b> ¾ c Milk	3 ¼ c Diced Chicken (2 oz) in Gravy ¼ c Savory Rice Pilaf ¼ c <b>Black Bean salad</b> ¼ c <b>Honeydew</b> ¾ c Milk <hr/> String Cheese 1/3 c Club Crackers ½ c water	4 1 <b>WG</b> Bagel (2 oz) w/ Cream Cheese 4 <b>Orange Wedges</b> ¾ c Milk	4 3 Turkey Sausage Links (2 oz) w/ Ketchup ½ Cornbread (1 oz) ½ c <b>Spinach Salad</b> w/ Italian ¼ c <b>Pineapple Tidbits</b> ¾ c Milk <hr/> 1/3 C <b>Graham Crackers</b> Fruit ½ c milk	5 1 <b>WG</b> Pancakes ½ c <b>Applesauce</b> ¾ c Milk	5 1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce <b>WG</b> Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c <b>Broccoli</b> w/ Ranch ¼ c <b>Mango</b> ¾ c Milk <hr/> 1/3 C <b>dry cereal</b> ½ c milk
	8 1 <b>WG</b> Rice Chex Cereal (1 oz) ¼ c <b>Apple Slices</b> ¾ c Milk	9 ¼ c Cream of Wheat 4 <b>Orange Wedges</b> ¾ c Milk	9 ¼ c Chicken Strips (2 oz) in Teriyaki Sauce ¼ c <b>Brown rice</b> ½ c <b>Tossed Salad</b> w/ Ranch ¼ c <b>Pears</b> ¾ c Milk <hr/> 1/3 c <b>Wheat thins</b> Fruit ½ c milk	10 1 oz <b>WG</b> Nut Free Granola ¼ c Vanilla Yogurt ½ Banana ¾ c Milk	10 <u>Make your Taco</u> ¼ c Ground Beef (2 oz) Taco Meat 2 Tbsp Shredded Cheddar Cheese ½ c <b>Shredded Lettuce</b> 1 <b>WW</b> Tortilla (1 oz) ¼ c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <hr/> 1/3 c <b>Ritz crackers</b> ½ c milk	11 ½ <b>WG</b> English Muffin (1 oz) w/ Apple Jelly ½ c <b>Cantaloupe</b> ¾ c Milk	11 <u>Make your Sandwich</u> ¼ c Chicken Salad 1 <b>WG</b> Bun (1.12 oz) ¼ c <b>Carrots</b> w/ Veggie Dip ¼ c <b>Pears</b> ¾ c Milk <hr/> 1/3 c <b>Goldfish</b> 1 string cheese ½ c water	12 1 Chicken Sausage <b>Patty</b> 1 <b>WW</b> Biscuit (1 oz) ½ c <b>Peaches</b> ¾ c Milk	12 ½ c Macaroni & Cheese (1.0 oz m/ma; 0.87 oz eq noodles) 3/8 c Vegetarian Baked Beans ¼ c <b>Green Beans</b> ¼ c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <hr/> 1/3 c <b>Club Crackers</b> ½ c Milk
BREAKFAST LUNCH PM SNACK	15 	16 1 Egg Patty (1.5 oz) 1 <b>WW</b> Biscuit (1 oz) ½ c <b>Peaches</b> ¾ c Milk	16 <u>Make your Wrap</u> 3 Turkey slices (1.5 oz) 1 Cheese slice (0.75 oz) 1 <b>WW</b> Tortilla (1 oz) ½ c <b>Spinach Salad w/ Ranch</b> 2 <b>Orange Wedges</b> ¾ c Milk <hr/> 1/3 C <b>Cheez-its</b> Fruit ½ c milk	17 1 <b>WG</b> Cheerios Cereal (0.68 oz) ½ <b>Banana</b> ¾ c Milk	17 4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 <b>WG</b> Roll (1.13 oz) ½ c <b>Tossed salad w/ Italian</b> ¼ c <b>Pears</b> ¾ c Milk <hr/> 1 <b>Nutri Grain Bar</b> ½ c milk	18 ½ <b>WG</b> English Muffin (1 oz) w/ Apple Jelly ½ c <b>Strawberries</b> ¾ c Milk	18 <u>Make your Sandwich</u> 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce Bulk 1 <b>WG</b> Bun (1.12 oz) ¼ c <b>Green Peas</b> ¼ c <b>Peaches</b> ¾ c Milk <hr/> 1/3 C <b>dry cereal</b> ½ c milk	19 2 <b>WG</b> French Toast Sticks w/ Syrup ½ c <b>Fruit</b> Cocktail ¾ c Milk	19 <u>Make your Pizza</u> 2 oz Shredded Mozzarella 1 <b>WG</b> Mini Flat Bread (1 oz) ¼ c Hot Marinara Sauce ¼ c <b>Broccoli w/ Italian</b> ¼ c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <hr/> 1/3 C <b>Graham Crackers</b> ½ c milk

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY
BREAKFAST	22 ½ <b>WG</b> English Muffin (1 oz) w/ Apple Jelly ½ c <b>Tropical Fruit Salad</b> ¾ c Milk	23 1 <b>WG</b> Pancakes (1.23 oz) w/ Applesauce ½ c <b>Applesauce</b> ¾ c Milk	24 ¼ c Vanilla Yogurt 1 oz <b>WG</b> Nut Free Granola ½ <b>Fresh Pears</b> ¾ c Milk	25 1 <b>WG</b> Scooters Cereal (1 oz) ½ <b>Banana</b> ¾ c Milk				
	<u><b>Make your Fajita</b></u> ½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 <b>WW</b> Tortilla (1 oz) ¼ c <b>Carrots &amp; Peas</b> ¼ c <b>Peaches</b> ¾ c Milk							
	<u><b>1/3 c Ritz Crackers</b></u> <u><b>Fruit</b></u> <u>½ c milk</u>							
LUNCH								
PM SNACK								
BREAKFAST	29 1 <b>WG</b> Apple Muffin (1.6 oz) ½ c <b>Pineapple Tidbits</b> ¾ c Milk	30 1 Chicken Sausage patty (1.43 oz) 1 <b>WW</b> Biscuit (1 oz) ½ c <b>Tropical Fruit Salad</b> ¾ c Milk	31 1 <b>WG</b> Rice Chex Cereal ½ <b>Banana</b> ¾ c Milk					
LUNCH	4 Beef Meatballs (2 oz) w/ Marinara sauce ¼ c <b>WG</b> Elbow Macaroni ½ c <b>Spinach Salad</b> w/ Italian ¼ c <b>Apple slices</b> ¾ c Milk <u><b>1/3 C Graham Crackers</b></u> <u>½ c milk</u>	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 <b>WG</b> Roll (1.13 oz) ¼ c <b>Mashed Potatoes</b> ¼ c <b>Fresh Fruit Salad</b> (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <u><b>1/3 C dry cereal</b></u> <u><b>Fruit</b></u> <u>½ c milk</u>	1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce <b>WG</b> Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c <b>Carrots &amp; Peas</b> ¼ c <b>Peaches</b> ¾ c Milk <u><b>1/3 c Nilla Wafers</b></u> <u>½ c milk</u>					



*This institution is an equal opportunity provider. Fresh Fruit Salad includes Pineapple, Cantaloupe and Honeydew. Seasonal rotation of fresh fruits available to include- Strawberries, Watermelon, Peaches. Whole Milk served to children 12 months-24 months; Low-Fat (1%) milk served to children over 2 years old. Serving Size: ½ c Milk for 1-2 years old; ¾ c Milk for 3-5 years old; 1 c Milk for 6-12 years old.*