



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST			2 1 WG Waffle Flatbread (1.1 oz) w/ Apple Jelly ½ c Peaches ¾ c Milk		3 1 WG Scooters Cereal (1 oz) ½ Banana ¾ c Milk		4 1 WG Bagel (2 oz) w/ Cream Cheese 4 Orange Wedges KOALAS: ½ c Mandarin Oranges ¾ c Milk		5 ½ WG English Muffin (1 oz) w/ Grape Jelly ½ c Applesauce ¾ c Milk
	LUNCH		½ c Beef (2 oz) and Bean Chili ½ Cornbread (1 oz) ½ c Tossed Salad w Ranch ¼ c Mandarin Oranges ¾ c Milk	¼ c Diced Chicken (2 oz) in Gravy 1 WG Mini Flat Bread ¼ c Black Bean salad ¼ c Honeydew ¾ c Milk	3 Turkey Sausage Links (2 oz) w/ Ketchup ½ Cornbread (1 oz) ½ c Spinach Salad w/ Italian KOALAS: 1/8 c Steamed Spinach ¼ c Pineapple Tidbits ¾ c Milk	1 Cheese Lasagna Roll-up (3.5 oz) w <i>Marinara Sauce</i> 1 String cheese (1 oz) ¼ c Broccoli w/ Ranch KOALAS: 1/8 c Cooked Broccoli w/ Ranch ¼ c Mango ¾ c Milk			
PM Snack			1/3 c Wheat Thins/Triscuts String cheese ½ c milk	1/3 C Graham Crackers ½ c milk	1/3 C dry cereal fruit ½ c milk	1/3 c Nilla Wafers ½ c milk			
BREAKFAST	8 1 WG Rice Chex Cereal (1 oz) ½ c Apple Slices KOALAS: ¼ c Applesauce ¾ c Milk	9 1 WG Apple Muffin 4 Orange Wedges KOALAS: ½ c Mandarin Oranges ¾ c Milk	10 1 oz WG Nut Free Granola KOALAS: 1 WG Cheerios (0.68 oz) ¼ c Vanilla Yogurt ½ Banana ¾ c Milk	11 1 WG Waffle Flatbread w/ Grape Jelly ½ c Cantaloupe ¾ c Milk	12 1 WW Biscuit (1 oz) w/ Grape Jelly ½ c Peaches ¾ c Milk				
	LUNCH	4 Beef Meatballs (2 oz) w/ Marinara Sauce 1 oz WG Hot Dog Bun ½ c Spinach Salad w/ Italian KOALAS: ¼ c Steamed Spinach ¼ c Mandarin Oranges ¾ c Milk	¼ c Chicken Strips (2 oz) in Teriyaki Sauce 1 WG Mini Flat Bread (1 oz) ½ c Tossed Salad w/ Ranch KOALAS: 1/8 c Cooked Carrots w/ Ranch ¼ c Tropical Fruit Salad ¾ c Milk	Make your Taco. ¼ c Ground Beef (2 oz) Taco Meat 2 Tbsp Shredded Cheddar Cheese ½ c Shredded Lettuce 1 WW Tortilla (1 oz) ¼ c Apple Slices KOALAS: ¼ c Applesauce ¾ c Milk	Make your Sandwich. ¼ c Chicken Salad 1 WG Bun (1.12 oz) ¼ c Carrots w/ Veggie Dip KOALAS: 1/8 c Cooked Carrots w/ Veggie Dip ¼ c Pears ¾ c Milk	½ c Macaroni & Cheese (1.0 oz m/ma; 0.87 oz eq noodles) 1 String Cheese (1 oz) ¼ c Broccoli w/ Ranch KOALAS: 1/8 c Cooked Broccoli w/ Ranch ¼ c Mango ¾ c Milk			
PM Snack	1 Nutri Grain Bar ½ c milk	1/3 c Club Crackers ½ c milk	1/3 C Cheez-its ½ c fruit ½ C milk	1/3 c Ritz Crackers ½ c milk	1/3 c Goldfish fruit ½ c milk				



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
BREAKFAST	15 1 WG Banana Muffin (2 oz) ½ c Pears ¾ c Milk	16 1 WW Biscuit (1 oz) w/ Grape Jelly ½ c Peaches ¾ c milk	17 1 WG Cheerios Cereal (0.68 oz) ½ Banana ¾ c Milk	18 ½ WG English Muffin (1 oz) w/ Apple Jelly ½ c Strawberries ¾ c Milk	19 ½ WG Bagel (2 oz) w/ Cream Cheese ½ c Fruit Cocktail ¾ c Milk	LUNCH	1 Chicken Drumsticks (2.5 oz) w/ BBQ Sauce KOALAS: 2 Chicken Tenders 1 String Cheese (1 oz) 1 WG Roll (1.13 oz) ¼ c Potato Salad ¼ c Apple Slices KOALAS: 1/8 c Applesauce ¾ c Milk <hr/> 1/3 c Wheat Thins String cheese ½ c milk	<u>Make your Wrap.</u> 2 Turkey slices (1 oz) 2 Tbsp Hummus 1 Cheese slice (0.75 oz) 1 WW Tortilla (1 oz) ½ c Spinach Salad w/ Ranch KOALAS: 1/8 c Cooked Carrots w/ Ranch 2 Orange Wedges KOALAS: ¼ c Mandarin Oranges ¾ c Milk <hr/> 1/3 C Graham Crackers ½ c milk	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Tossed salad w/ Italian KOALAS: 1/8 c Cooked Cauliflower w/ Italian ¼ c Pears ¾ c Milk <hr/> 1/3 C dry cereal fruit ½ c milk	<u>Make your Sandwich.</u> 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Cucumber and Tomatoes Slice KOALAS: 1/8 c Diced Tropical Fruit Salad ¾ c Milk <hr/> 1/3 c Nilla Wafers ½ c milk	<u>Make your Pizza.</u> 2 oz Shredded Mozzarella 1 WG Mini Flat Bread (1 oz) ¼ c Hot Marinara Sauce ¼ c Broccoli w/ Italian KOALAS: 1/8 c Cooked Broccoli w/ Italian ½ Banana ¾ c Milk <hr/> 1 Nutri Grain Bar ½ c milk
	LUNCH						PM Snack	PM Snack	PM Snack	PM Snack	
MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY			
BREAKFAST	22 ½ WG English Muffin (1 oz) w/ Apple Jelly ½ c Tropical Fruit Salad ¾ c Milk	23 ½ WG Bagel (2 oz) w/ Cream Cheese ½ c Applesauce ¾ c Milk	24 ¼ c Vanilla Yogurt 1 oz WG Nut Free Granola KOALAS: 1 WG Cheerios (0.68 oz) ½ Mix Fruit ¾ c Milk	25 1 WG Scooters Cereal (1 oz) ½ Banana ¾ c Milk	26 1 WG Waffle Flatbread w/ Grape Jelly 4 Orange Wedges KOALAS: ½ c Mandarin Oranges ¾ c Milk	LUNCH	<u>Make your Fajita</u> ½ c Chicken Fajita mixture ¼ c Chicken Strips (2 oz) 1 WW Tortilla (1 oz) 1/2 c Shredded Lettuce ¼ c Peaches ¾ c Milk <hr/> 1/3 c Club Crackers ½ c milk	<u>Make your Sandwich</u> 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ½ c Chickpeas Salad w/ Diced Cucumbers ¼ c Mango ¾ c Milk <hr/> 1/3 C Cheez-its ½ c fruit ½ C milk	½ c Spanish Rice with Chicken & Peas (¼ c Diced Chicken (2 oz), ¼ c Brown Rice) ¼ c Broccoli w/ Ranch KOALAS: 1/8 c Cooked Broccoli w/ Ranch ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk <hr/> 1/3 c Ritz Crackers ½ c milk	4 Beef Meatballs (2 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 Hot Dog WG Bun (1 oz) ½ c Spinach Salad w/ Italian KOALAS: 1/8 c Steamed Spinach ¼ c Pears ¾ c Milk <hr/> 1/3 c Goldfish fruit ½ c milk	½ c Macaroni & Cheese (1.0 oz m/ma ; 0.8 oz eq noodles) 1 String Cheese (1 oz) ¼ c Zucchini Sticks KOALAS: Steamed Zucchini ¼ c Strawberries ¾ c Milk <hr/> 1/3 C Cheez-its ½ c fruit ½ C milk
	LUNCH						PM Snack	PM Snack	PM Snack	PM Snack	

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.
This institution is an equal opportunity provider.



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<p>29</p> <p>1 WG Apple Muffin (1.6 oz) ½ c Tropical Fruit Salad ¾ c Milk</p>	<p>30</p> <p>1 WW Biscuit (1 oz) w/ Apple Jelly ½ c Pineapple Tidbits ¾ c Milk</p>			
LUNCH	<p>1/2 c Beef Macaroni Pasta Bake <small>2 oz Beef, ¼ c Pasta</small> ½ c Spinach Salad w/ Italian KOALAS: 1/8 c Steamed Spinach ¼ c Apple slices KOALAS: ½ c Applesauce ¾ c Milk</p>	<p>4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ¼ c Coleslaw 2 Orange Wedges KOALAS: ½ c Mandarin Oranges ¾ c Milk</p>			
PM Snack	<p>1/3 c Wheat Thins String cheese ½ c milk</p>	<p>1/3 C Graham Crackers ½ c milk</p>			