

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
BREAKFAST	3 1 WG Bagel (2.3 oz) w/ Cream Cheese ½ c Peaches ¾ c Milk	4 1 WG Pancake (1.23 oz) w/ Syrup ½ c Applesauce ¾ c Milk	5 1 WG Rice Chex cereal (1 oz) ½ Banana ¾ c Milk	6 1 WG Banana Muffin (2 oz) 4 Orange Wedges KOALA: ½ c Mandarin Orange ¾ c Milk	7 ¼ c Scrambled Eggs 1 WG Waffle Flatbread (1.1 oz) ½ c Pineapple Tidbits ¾ c Milk				
	LUNCH Diced Chicken (2 oz) w/ Gravy 1 WG Sliced Bread ¼ c Collard Greens ¼ c Apple Slices KOALA: ¼ c Applesauce ¾ c Milk 1/3 c Nilla Wafers ½ c milk	PM Snack <u>Make your Sandwich</u> 1 Hamburger Patty w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Broccoli w Creamy Italian KOALA: ¼ c Cooked Broccoli w/ Creamy Italian ¼ c Fresh Fruit Salad ¾ c Milk 1/3 c Goldfish Apple sauce ½ c milk	LUNCH 2 Chicken Tenders (1.5 eq oz) 1 WG Roll (1.13 oz) ½ c Green Salad w/ Ranch KOALA: ¼ c Diced Cucumbers w/ Ranch ¼ c Peaches ¾ c Milk 1/3 C Graham Crackers Cheese Stick ½ c milk	PM Snack <u>Breakfast for Lunch</u> 3 Turkey Sausage Links (1.5 eq oz) w/ Ketchup 1 WG Waffle Maple w Syrup (Cold) ¼ c Three Bean Salad ¼ c Pears ¾ c Milk 1/3 c Ritz Fruit ½ c milk	LUNCH ½ c Macaroni & Cheese (0.6 oz eq m/ma; 0.8 oz eq noodles) 1 String Cheese (1 oz) ¼ c Broccoli Florets w/ Creamy Italian KOALA: ¼ c Cooked Broccoli w/ Creamy Italian ¼ c Honeydew ¾ c Milk 1/3 C Cheez-its ½ C milk				
BREAKFAST	10 ½ WG English Muffin (1 oz) w/ Apple Jelly ¼ c Apple Slices KOALA: ¼ c Applesauce ¾ c Milk	11 1 Turkey Sausage patty 1 WW Biscuit (1 oz) ½ c Peaches ¾ c Milk	12 1 WG Scooters cereal (1 oz) ½ c Fruit Cocktail (Pineapple , Grapes , Peaches , Pears , Half Cherry) ¾ c Milk	13 1 WG Cinnamon Mini Waffle (Cold) ½ c Blueberries ¾ c Milk	14 ¼ C Oatmeal 4 Orange Wedges KOALA: ½ c Mandarin Orange ¾ c Milk				
	LUNCH 4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Spinach & Shredded Carrots Salad w/ Italian KOALA: ¼ c Steamed Spinach ¼ c Pears ¾ c Milk 1 Nutri Grain Bar ½ c milk	PM Snack 1 Meatloaf (3.15oz) & Gravy 1 WG Bun (1.12 oz) ¼ c Chickpeas Salad w/ Diced Cucumbers ¼ c Melon Salad ¾ c Milk 1/3 c Club Crackers Apple sauce ½ c milk	LUNCH <u>Make your Gyro</u> ¼ c Grilled Chicken Strips (2 oz) w/ ¼ c Yogurt sauce ¼ c Collard Greens 1 WG Flat Bread (1 oz) ¼ c Mandarin Orange ¾ c Milk 1/3 c Nilla Wafers Fruit ½ c milk	PM Snack ½ c Sloppy Joe (2 oz Ground Beef) 1 WG Bun (1.12) ¼ c Broccoli w Ranch KOALA: ¼ c Cooked Broccoli w/ Ranch ¼ c Tropical Fruit Salad (Papaya, Pineapple) ¾ c Milk 1/3 c Goldfish String Cheese ½ c milk	LUNCH <u>Make your Sandwich</u> 1 Veggie Burger (3.5 oz) w/ Mayo 1 WG Bun (1.12 oz) ¼ c Diced Cucumbers ¼ c Apple slices KOALA: ¼ c Applesauce ¾ c Milk 1/3 C Graham Crackers ½ c milk				

