



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST			1 WG Scooters Cereal (1 oz) ½ Banana ¾ c Milk	½ WG Bagel (2 oz) w/ Cream Cheese 4 Orange Wedges ¾ c Milk	1 WG Pancakes w/ Applesauce ½ c Applesauce ¾ c Milk
LUNCH			¼ c Diced Chicken (2 oz) in Gravy ¼ c Savory Rice Pilaf 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 ¼ c Pineapple Tidbits ¾ c Milk	1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ¼ c Broccoli w/ Ranch ¼ c Mango ¾ c Milk
PM Snack			1/3 c Nilla Wafers ½ c milk	1 Nutri Grain Bar ½ c milk	1/3 C dry cereal fruit ½ c milk
BREAKFAST	1 WG Rice Chex Cereal (1 oz) ¼ c Apple Slices ¾ c Milk	¼ c Cream of Wheat 4 Orange Wedges ¾ c Milk	1 oz WG Nut Free Granola ¼ c Vanilla Yogurt ½ Banana ¾ c Milk	½ WG English Muffin (1 oz) w/ Apple Jelly ½ c Cantaloupe ¾ c Milk	1 Chicken Sausage Patty 1 WW Biscuit (1 oz) ½ c Peaches ¾ c Milk
LUNCH	4 Beef Meatballs (2 oz) w/ Marinara Sauce ¼ c WG Penne Pasta ½ c Spinach Salad w/ Italian ¼ c Mandarin Oranges ¾ c Milk	¼ c Chicken Strips (2 oz) in Teriyaki Sauce ¼ c Brown rice ½ c Tossed Salad w/ Ranch ¼ c Tropical Fruit Salad ¾ c Milk	½ c Beef (2 oz) and Bean Chili ½ Cornbread (1 oz) ¼ c Collard Greens ¼ c Apple Slices ¾ c Milk	<u>Make your Sandwich</u> ¼ c Chicken Salad 1 WG Bun (1.12 oz) ¼ c 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 Green Beans ¼ c Fresh Fruit Salad (¾ c Milk
PM Snack	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 Veggie sticks String cheese ½ c milk	1/3 c Goldfish fruit ½ c milk

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.




	13	14	15	16	17
BREAKFAST	1 WG Banana Muffin (2 oz) ½ c Pears ¾ c Milk	1 Egg Patty (1.5 oz) 1 WW Biscuit (1 oz) ½ c Peaches ¾ c Milk	1 WG Cheerios Cereal (0.68 oz) ½ Banana ¾ c Milk	½ WG English Muffin (1 oz) w/ Apple Jelly ½ c Strawberries ¾ c Milk	2 WG French Toast Bites (1 oz) w/ Syrup ½ c Fruit Cocktail ¾ c Milk
LUNCH	1 Chicken Drumsticks (2.5 oz) w/ BBQ Sauce 1 String Cheese (1 oz) 1 WG Roll (1.13 oz) ¼ c Diced Potatoes ¼ c Apple Slices ¾ 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 2 Orange Wedges ¾ c Milk	4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ½ c Tossed salad w/ Italian ¼ c Pears ¾ c Milk	<u>Make your Sandwich</u> 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Green Peas ¼ c Tropical Fruit Salad ¾ 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 ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk
PM Snack	<hr/> 1/3 C Graham Crackers ½ c milk	<hr/> 1/3 C dry cereal fruit ½ c milk	<hr/> 1/3 C Nilla Wafers String cheese ½ c milk	<hr/> 1 Nutri Grain Bar ½ c milk	<hr/> 1/3 c Club Crackers ½ c milk
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	½ WG English Muffin (1 oz) w/ Apple Jelly ½ c Tropical Fruit Salad ¾ c Milk	1 WG Pancakes (1.23 oz) w/ Applesauce ½ c Applesauce ¾ c Milk	¼ c Vanilla Yogurt 1 oz WG Nut Free Granola ½ Mix fruit ¾ c Milk	1 WG Scooters Cereal (1 oz) ½ Banana ¾ c Milk	¼ c Scrambled Eggs w/ Cheese 1 WG Waffle Flatbread (1.1 oz) 4 Orange Wedges 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) ¼ c Carrots & Peas ¼ c Peaches ¾ c Milk	<u>Make your Sandwich</u> 1 Hamburger Patty (1.75 oz) w/ BBQ Sauce 1 WG Bun (1.12 oz) ¼ c Baked Beans ¼ c Mango ¾ c Milk	½ c Spanish Rice with Chicken & Peas (¼ c (2 oz) <i>Diced Chicken</i> , ¼ c <i>Brown Rice</i>) ¼ c Broccoli w/ Ranch ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk	4 Beef Meatballs (2 oz) w/ Marinara sauce 1 pc Parmesan Cheese 1 Hot Dog WG Bun (2 oz) ½ c Spinach Salad w/ Italian ¼ c Pears ¾ c Milk	½ c Macaroni & Cheese (1.0 oz m/ma; 0.8 oz eq noodles) 1 String Cheese (1 oz) ¼ c Mixed vegetables ¼ c Honeydew ¾ c Milk
	<hr/> 1/3 C Cheez-its ½ c fruit ½ C milk	<hr/> 1/3 c Ritz Crackers ½ c milk	<hr/> 1/3 c Goldfish fruit ½ c milk	<hr/> 1/3 c Wheat Thins String cheese ½ c milk	<hr/> 1/3 C Graham Crackers ½ c milk

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BREAKFAST	27	28	29	30	31
LUNCH		<p>1 Chicken Sausage patty (1.43 oz) 1 WW Biscuit (1 oz) ½ c Tropical Fruit Salad ¾ c Milk</p> <hr/> <p>4 Chicken Nuggets (3.2 oz) w/ Ketchup 1 WG Roll (1.13 oz) ¼ c Diced Potato ¼ c Peaches ¾ c Milk</p> <hr/> <p>1/3 c Club Crackers Fruit ½ c milk</p>	<p>1 WG Apple Muffin (1.6 oz) ½ Banana ¾ c Milk</p> <hr/> <p>1 Cheese Lasagna Roll-up (3.5 oz) w Marinara Sauce WG Lasagna noodles (1 oz eq) 1 String cheese (1 oz) ½ c Spinach Salad w/ Italian ¼ c Fresh Fruit Salad (Pineapple, Cantaloupe and Honeydew) ¾ c Milk</p> <hr/> <p>1/3 c Nilla Wafers ½ c milk</p>	<p>½ WG English Muffin (1 oz) w/ Grape Jelly 4 Orange Wedges ¾ c Milk</p> <hr/> <p>1 Meatloaf (3.15 oz) w/ Gravy 1 WG Roll (1.13 oz) ¼ c Broccoli w/ Ranch ¼ c Pears ¾ c Milk</p> <hr/> <p>1/3 c Ritz Crackers ½ c milk</p>	<p>1 WG Pancakes (1.23 oz) w/ Applesauce ½ c Applesauce ¾ c Milk</p> <hr/> <p>Make your Sandwich 1 Veggie Burger w/ Mayo 1 WG Bun (1.12 oz) ¼ c Carrots & Peas ¼ c Tropical Fruit Salad ¾ c Milk</p> <hr/> <p>1/3 C Cheez-its String Cheese ½ C milk</p>

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