

Monday	Tuesday	Wednesday	Thursday	Friday
3 B- Pancakes, Milk, peaches L-Fish Fillet, rolls tater tots, milk, applesauce V- Soy Fish sticks S-Chips and Salsa	4 B- Egg Frittata, spinach, bananas, milk. V- Cereal L-Baked Ziti, broccoli, Milk, cantaloupe S-Carrots & Hummus	5 B-Cornflakes, strawberries, milk L-Pepperoni Cheese pizza, Corn, pineapple Milk V- Cheese Pizza S-Goldfish & Raisins	6 B-Toast, Jelly, Milk & pears L- Salmon Rice, milk, Mix vegetables oranges V-Spinach Ravioli S-String Cheese & Pretzels	B – Blueberry muffins, blueberries, milk L – Chicken Santorini pita, Mediterranean pasta, salad, milk V – Soy chicken S – Snack Mix, apple juice
10 B- English Muffins, milk, pears L-Butter Chicken, rice, green beans, grapes V-Tofu S-String cheese, Ritz crackers	11 B- Oatmeal, strawberries, milk L-Turkey Tacos, black beans, corn, milk V-Cheese Tacos S- Yogurt & Berries	12 B- Waffles, apples, Milk L-Meatball subs, oranges, milk & carrots V-Soy meatballs S- Cheez its & Orange juice	13 B- K-berries cereal, milk, Honeydew melon L-Penne Alfredo, broccoli, milk, pineapple S-Pita & Hummus	14 B- Cinnamon Rolls, milk, peaches. L- Chicken nuggets, sweet potato fries, milk, lettuce salad V-Mozzarella Sticks S- Snack mix & Raisins
17 B- Fruit Parfait with granola & milk L- Shrimp Scampi, broccoli, apples & milk V- Spinach Ravioli S- Club Crackers & bananas	18 B-French Toast sticks, milk, oranges L- Cheese Quesadilla, pears black beans & milk S-Graham Crackers & Sun butter	19 B- Eggs cup, milk, grapes. V- Cereal L- Greek rice, chicken, Lettuce, Hummus, Milk V- Feta Cubes S- Snack Mix & Juice	20 B- Cheerios, milk & tropical fruit. L- Cold Spinach Salad, Mozzarella sticks, peaches, Cucumber & Tomatoes, Milk S- Pirate's booty & Raisins	21 Teacher Workday
24 B- Bagels with Cream cheese, Strawberries, milk L-Garlic Chicken, lemon pasta, corn bread, pears & milk V- BBQ Tofu S- Carrots/Tzatziki	25 B-Cornflakes, oranges, milk L- Turkey & Cheese melts, corn, milk & peaches V- Cheese wraps S- Wheat thins & Raisins	26 B- Cheese grits, Milk & fruit cocktail L- Chicken Alfredo, green beans, milk & apples V- Soy chicken S- Animal crackers & bananas	27 B- Scrambled eggs, milk, pineapple L- Mac and Cheese, milk, broccoli, grapes S- Crackers & grape juice.	28 B- Avocado toast, milk L- Chipotle rice, chicken, black beans, lettuce salad, milk S- String cheese & snack mix
31 B- Oatmeal, milk & Strawberries. L- Fish Fillet, rolls, tater tots, milk, applesauce. V- Soy Fish sticks S-Chips and Salsa				