

Monday	Tuesday	Wednesday	Thursday	Friday
			B – Yogurt and fruit salad, milk L – Baked ziti, salad, apples, milk S – Chips n Salsa.	B – Toast with jelly, grapes, milk L – Mac and cheese, corn, pears, milk S – Snack mix, dried strawberries.
B – Cheese grits, pineapple, milk L – Salmon and rice, green beans, apples, milk. V- Soy fish S – Yogurt & bananas	B – Waffles, oranges, milk L – Turkey Sloppy Joes on a bun, tater tots, pears, milk V-Baked beans S – String cheese, Goldfish	B – English muffins, grapes, milk L – Spinach pasta with turkey pepperoni, mixed vegetables, peaches, milk V – Mozzarella Sticks S – Pita and hummus	B – Scrambled eggs, fruit salad, milk L – Flatbread, corn, applesauce, milk V – Soy chicken S – Wheat thins & raisins	B – Cheerios, watermelon, milk L Chicken tenders, mashed potatoes, strawberries, milk. V – Soy chicken S – Snack mix, 100% fruit juice
B – Bagels with cream cheese, grapes, milk L – Baked Lasagna, pineapple, green beans, milk. V- Cheese Lasagna. S – Club crackers, bananas	B – Yogurt with granola & berries, milk L- Chicken quesadillas, black beans, corn, milk V – Cheese quesadillas S – Nilla wafers, raisins	B – Egg cups, pears, milk. V- Cereals L – Greek bowls with rice and chicken, chickpeas, oranges, milk V – Tofu S – Pretzels, Sun Butter	B – Cornflakes, fruit cocktail, milk L – Shrimp alfredo pasta, mixed vegetables, strawberries, milk V – Spinach ravioli S – Hummus & Carrots	B – Cinnamon rolls, peaches, milk L Turkey & Cheese melts, broccoli, apples, milk V – Cheese melts S – Snack mix, dried bananas
B – Oatmeal, pineapple, milk L – Garlic & chicken lemon pasta, broccoli, oranges, milk V – Soy chicken S – Graham crackers, bananas	B – Avocado toast, milk L – Turkey tacos, green beans, pears, milk V – Black bean tacos S – Nutri grain bars, dried fruit	B – Pancakes, peaches, milk L Chipotle rice bowl with chicken, black beans, corn, milk V – Tofu S- Chips & Salsa	B – Blueberry muffins, fresh berries, milk L – Baked ziti, grapes, green beans, milk. S – Club crackers, Sun Butter	B – Cereal, fruit salad, milk L – Fish fillets, mashed potatoes, apples, milk V – Soy fish S – Snack mix, 100% fruit juice
B – French toast, pineapples, milk L – BBQ chicken, tater tots, watermelon, milk S – Yogurt & fruit salad	B – Cereals, pears, milk L – Pizza quesadillas, salad, grapes, milk S – Cheez-its, oranges	B – Hashbrowns, chicken sausage, milk V – Veggie sausage L – Shrimp and spinach rice, corn, peaches, milk V – Spinach ravioli S – String cheese and wheat thins	B – Scrambled eggs, applesauce, milk L – Teriyaki chicken, green beans, Strawberries, milk V – Soy chicken S – Pirate's Booty, raisins	B – Toast with jelly, tropical fruit, milk L – Turkey and cheese wraps, broccoli, cantaloupe, milk V – Cheese wraps S – Snack mix, fresh bananas